



## Lemony Sage Mayonnaise



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



390 kcal

SIDE DISH

## Ingredients

- ☐ 0.5 cup sage dried fresh finely chopped
- ☐ 1 tablespoon garlic minced
- ☐ 2 tablespoons juice of lemon
- ☐ 1 tablespoon lemon zest
- ☐ 2 cups mayonnaise
- ☐ 1 teaspoon pepper

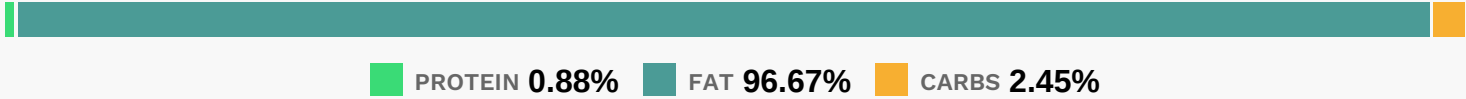
## Equipment

- ☐ whisk

# Directions

☐ Whisk together all ingredients. Cover and store in the refrigerator for up to one week.

# Nutrition Facts



# Properties

Glycemic Index:14, Glycemic Load:0.28, Inflammation Score:-2, Nutrition Score:7.0226086896399%

# Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

# Nutrients (% of daily need)

Calories: 390.39kcal (19.52%), Fat: 42.17g (64.87%), Saturated Fat: 6.7g (41.87%), Carbohydrates: 2.4g (0.8%), Net Carbohydrates: 1.42g (0.52%), Sugar: 0.49g (0.55%), Cholesterol: 23.52mg (7.84%), Sodium: 356.12mg (15.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.86g (1.73%), Vitamin K: 126µg (120%), Vitamin E: 2mg (13.32%), Manganese: 0.12mg (5.78%), Calcium: 41.67mg (4.17%), Vitamin C: 3.38mg (4.1%), Iron: 0.73mg (4.06%), Fiber: 0.98g (3.92%), Vitamin B6: 0.07mg (3.72%), Vitamin A: 156.46IU (3.13%), Magnesium: 10.14mg (2.53%), Folate: 9.2µg (2.3%), Selenium: 1.53µg (2.18%), Copper: 0.03mg (1.67%), Vitamin B1: 0.02mg (1.62%), Phosphorus: 15.9mg (1.59%), Zinc: 0.2mg (1.31%), Potassium: 44.99mg (1.29%), Vitamin B2: 0.02mg (1.18%), Vitamin B5: 0.11mg (1.13%), Vitamin B12: 0.07µg (1.12%)