



Lime (Or Lemon) Mayonnaise

 Vegetarian  Gluten Free  Dairy Free  Low Fod Map

READY IN



7 min.

SERVINGS



12

CALORIES



43 kcal

SIDE DISH

Ingredients

- 1 teaspoon dijon mustard
- 2 egg yolk
- 12 servings pepper fresh black
- 1 tablespoon juice of lemon
- 1 teaspoon lemon zest (or lemon)
- 1 tablespoon juice of lime freshly squeezed (or lemon)
- 1 cup olive oil
- 12 servings salt

Equipment

Nutrition Facts

PROTEIN 4.76% FAT 91.45% CARBS 3.79%

Properties

Glycemic Index:5.33, Glycemic Load:0.01, Inflammation Score:-1, Nutrition Score:0.96478260869565%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 42.66kcal (2.13%), Fat: 4.42g (6.79%), Saturated Fat: 0.79g (4.92%), Carbohydrates: 0.41g (0.14%), Net Carbohydrates: 0.34g (0.12%), Sugar: 0.08g (0.09%), Cholesterol: 32.4mg (10.8%), Sodium: 199.95mg (8.69%), Protein: 0.52g (1.03%), Vitamin E: 0.6mg (4.02%), Selenium: 1.83µg (2.62%), Vitamin K: 2.37µg (2.25%), Vitamin C: 1.08mg (1.3%), Phosphorus: 12.6mg (1.26%), Folate: 4.82µg (1.21%), Vitamin D: 0.16µg (1.08%)