



Mayonnaise



Vegetarian



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



12

CALORIES



61 kcal

SIDE DISH

Ingredients

- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 0.5 cup canola oil
- ☐ 1 teaspoon dijon mustard
- ☐ 1 large pasteurized egg yolk
- ☐ 2 teaspoons juice of lemon fresh
- ☐ 0.3 cup olive oil
- ☐ 0.3 teaspoon salt

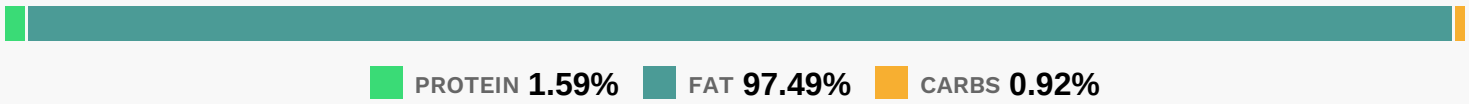
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Combine first 3 ingredients in a medium bowl; stir well with a whisk.
- ☐ Combine oils; slowly drizzle oil mixture into egg mixture, stirring constantly with a whisk until mixture is thick and smooth. Stir in salt and pepper.

Nutrition Facts



Properties

Glycemic Index:5.33, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:0.78000001495947%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 61.33kcal (3.07%), Fat: 6.76g (10.4%), Saturated Fat: 0.9g (5.6%), Carbohydrates: 0.14g (0.05%), Net Carbohydrates: 0.12g (0.04%), Sugar: 0.04g (0.04%), Cholesterol: 15.3mg (5.1%), Sodium: 53.81mg (2.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.25g (0.5%), Vitamin E: 1.01mg (6.76%), Vitamin K: 4.09µg (3.9%), Selenium: 0.94µg (1.34%)