



Morel Mayonnaise

 Vegetarian  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



64

CALORIES



6 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.1 teaspoon pepper black freshly ground
- 0.8 cup canola oil
- 0.5 teaspoon dijon mustard
- 2 large pasteurized egg yolks
- 1 teaspoon juice of lemon fresh
- 0.5 ounce morel mushrooms dried
- 0.3 teaspoon salt
- 0.5 cup water boiling

Equipment

- bowl
- sauce pan
- whisk
- sieve
- colander

Directions

- Combine lemon juice, mustard, and egg yolks in a medium bowl, stirring well with a whisk. Gradually add oil, about 1 tablespoon at a time, stirring with a whisk until each addition is incorporated and mixture is thick. Stir in salt and pepper.
- Combine 1/2 ounce dried morel mushrooms and 1/2 cup boiling water in a small bowl; cover and let stand 15 minutes.
- Drain mushrooms in a colander over a bowl, reserving solids and liquid. Strain reserved liquid through a fine sieve over a small saucepan; bring liquid to a boil. Cook until reduced to 1 tablespoon (about 5 minutes); cool completely. Finely chop mushrooms. Stir reduced liquid and mushrooms into mayonnaise mixture. Cover and chill at least 4 hours.

Nutrition Facts

 **PROTEIN 5.72%** **FAT 91.82%** **CARBS 2.46%**

Properties

Glycemic Index:1.5, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:0.17347825966451%

Flavonoids

Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg

Nutrients (% of daily need)

Calories: 6.47kcal (0.32%), Fat: 0.67g (1.03%), Saturated Fat: 0.09g (0.56%), Carbohydrates: 0.04g (0.01%), Net Carbohydrates: 0.03g (0.01%), Sugar: 0.01g (0.01%), Cholesterol: 5.74mg (1.91%), Sodium: 9.91mg (0.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.09g (0.19%)