



food
network

Party Mayonnaise

 Vegetarian  Gluten Free  Dairy Free

READY IN



5 min.

SERVINGS



10

CALORIES



119 kcal

SIDE DISH

Ingredients

- 2 tablespoons chile oil
- 2 cups corn oil
- 1 teaspoon mustard dry
- 1 egg yolk
- 1 teaspoon grain salt fine
- 2 tablespoons juice of lime
- 0.3 teaspoon sugar
- 2 tablespoons citrus champagne vinegar

1 eggs whole

Equipment

food processor

bowl

Directions

Add all wet ingredients (except the oil which is a liquid but isn't "wet") to the work bowl of a food processor along with the salt, mustard and sugar. Pulse 5 times. Turn processor on and add oil in a steady stream until incorporated. Keep at room temperature for 2 hours. Refrigerate for up to 1 week.

*RAW EGG WARNING

Food Network Kitchens suggest caution in consuming raw and lightly-cooked eggs due to the slight risk of Salmonella or other food-borne illness. To reduce this risk, we recommend you use only fresh, properly-refrigerated, clean, grade A or AA eggs with intact shells, and avoid contact between the yolks or whites and the shell.

Nutrition Facts

PROTEIN 3.02% FAT 95.28% CARBS 1.7%

Properties

Glycemic Index:7.01, Glycemic Load:0.07, Inflammation Score:-1, Nutrition Score:1.6478260859199%

Flavonoids

Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 118.77kcal (5.94%), Fat: 12.73g (19.59%), Saturated Fat: 1.42g (8.87%), Carbohydrates: 0.51g (0.17%), Net Carbohydrates: 0.48g (0.17%), Sugar: 0.19g (0.21%), Cholesterol: 35.81mg (11.94%), Sodium: 240.04mg (10.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.91g (1.81%), Vitamin E: 1.84mg (12.28%), Vitamin K: 5.52µg (5.26%), Selenium: 2.78µg (3.97%), Vitamin B2: 0.03mg (1.8%), Phosphorus: 18.05mg (1.8%), Folate: 5.32µg (1.33%), Vitamin B5: 0.13mg (1.27%), Vitamin B12: 0.07µg (1.24%), Vitamin D: 0.19µg (1.23%), Vitamin C: 0.93mg (1.13%), Vitamin A: 51.28IU (1.03%)