



Roasted Onion Mayonnaise

 Vegetarian  Gluten Free  Dairy Free

READY IN



100 min.

SERVINGS



3

CALORIES



1086 kcal

SIDE DISH

Ingredients

- 2 cups mayonnaise
- 3 servings salt and pepper to taste
- 2 onion sweet peeled halved

Equipment

- food processor
- baking sheet
- oven
- blender

aluminum foil

Directions

- Preheat oven to 400 degrees F (200 degrees C). Line a baking sheet with aluminum foil and lightly grease.
- Place the halved onions onto the baking sheet, and roast in the preheated oven until they have turned deep golden brown, and have softened in the center, about 30 minutes.
- Remove from the oven and allow to cool to room temperature.
- Place the onions into a food processor or blender, add the mayonnaise, and puree until smooth. Season to taste with salt and pepper. Store in the refrigerator.

Nutrition Facts

 **PROTEIN 1.17%**  **FAT 92.4%**  **CARBS 6.43%**

Properties

Glycemic Index:16.67, Glycemic Load:0.43, Inflammation Score:-7, Nutrition Score:11.628695705663%

Flavonoids

Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Kaempferol: 2.52mg, Kaempferol: 2.52mg, Kaempferol: 2.52mg, Kaempferol: 2.52mg, Myricetin: 2.52mg, Myricetin: 2.52mg, Myricetin: 2.52mg, Myricetin: 2.52mg, Quercetin: 32.04mg, Quercetin: 32.04mg, Quercetin: 32.04mg, Quercetin: 32.04mg

Nutrients (% of daily need)

Calories: 1086.08kcal (54.3%), Fat: 111.88g (172.12%), Saturated Fat: 17.47g (109.2%), Carbohydrates: 17.51g (5.84%), Net Carbohydrates: 15.53g (5.65%), Sugar: 11.93g (13.25%), Cholesterol: 62.72mg (20.91%), Sodium: 1159.71mg (50.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.2g (6.4%), Vitamin K: 244.08µg (232.45%), Vitamin E: 4.94mg (32.95%), Vitamin B6: 0.3mg (14.94%), Folate: 58.22µg (14.55%), Vitamin C: 10.59mg (12.84%), Phosphorus: 90.94mg (9.09%), Manganese: 0.18mg (8.93%), Potassium: 292.5mg (8.36%), Fiber: 1.99g (7.94%), Copper: 0.15mg (7.6%), Vitamin B1: 0.11mg (7.03%), Selenium: 4.54µg (6.48%), Calcium: 56.2mg (5.62%), Magnesium: 21.36mg (5.34%), Iron: 0.89mg (4.94%), Vitamin B5: 0.47mg (4.73%), Vitamin B2: 0.07mg (4.27%), Zinc: 0.51mg (3.41%), Vitamin B12: 0.18µg (2.99%), Vitamin A: 99.27IU (1.99%), Vitamin D: 0.3µg (1.99%), Vitamin B3: 0.29mg (1.47%)