



Rosemary-Garlic Mayonnaise



Vegetarian



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



4

CALORIES



194 kcal

SIDE DISH

Ingredients

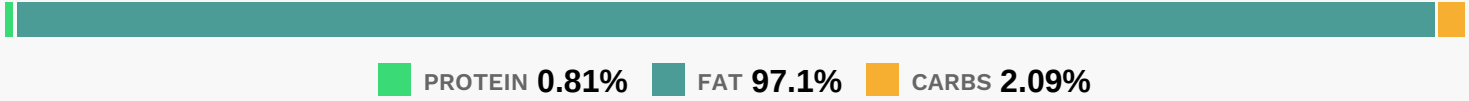
- ☐ 1 tablespoon rosemary fresh chopped
- ☐ 2 garlic cloves minced
- ☐ 1 tablespoon juice of lemon
- ☐ 0.5 cup mayonnaise
- ☐ 0.1 teaspoon salt

Equipment

Directions

☐ Stir together all ingredients. Chill.

Nutrition Facts



Properties

Glycemic Index:20, Glycemic Load:0.22, Inflammation Score:-1, Nutrition Score:2.8152174781198%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 194.12kcal (9.71%), Fat: 20.99g (32.29%), Saturated Fat: 3.29g (20.58%), Carbohydrates: 1.02g (0.34%), Net Carbohydrates: 0.91g (0.33%), Sugar: 0.27g (0.3%), Cholesterol: 11.76mg (3.92%), Sodium: 250.89mg (10.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.39g (0.79%), Vitamin K: 45.67µg (43.49%), Vitamin E: 0.93mg (6.17%), Vitamin C: 2.03mg (2.46%), Manganese: 0.03mg (1.62%), Selenium: 0.86µg (1.23%), Vitamin B6: 0.02mg (1.21%)