



Saffron Mayonnaise



Vegetarian



Gluten Free



Dairy Free



Low Fod Map

READY IN



20 min.

SERVINGS



4

CALORIES



287 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 0.8 cup mayonnaise
- ☐ 0.5 teaspoon saffron threads

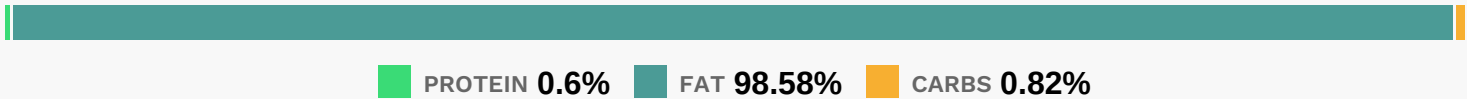
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ In a small frying pan over medium-low heat, toast saffron just until fragrant, stirring occasionally, about 2 minutes.
- ☐ Pour into a small bowl, then crumble. Stir in remaining ingredients.
- ☐ Let stand 15 minutes, then stir.
- ☐ Make ahead: Chill airtight up to 1 week.

Nutrition Facts



Properties

Glycemic Index:38, Glycemic Load:0.14, Inflammation Score:-1, Nutrition Score:3.7939129930961%

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: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 286.78kcal (14.34%), Fat: 31.43g (48.35%), Saturated Fat: 4.92g (30.73%), Carbohydrates: 0.59g (0.2%), Net Carbohydrates: 0.54g (0.2%), Sugar: 0.33g (0.37%), Cholesterol: 17.64mg (5.88%), Sodium: 266.78mg (11.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.43g (0.86%), Vitamin K: 68.66µg (65.39%), Vitamin E: 1.38mg (9.23%), Vitamin C: 1.46mg (1.77%), Selenium: 0.98µg (1.4%), Manganese: 0.02mg (1.14%)