



Shallot-Dill Mayonnaise

 Vegetarian  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



298 kcal

SIDE DISH

Ingredients

- 2 tablespoons optional: dill fresh chopped
- 0.3 teaspoon coarsely ground pepper
- 2 tablespoons juice of lemon fresh
- 0.8 cup mayonnaise
- 0.3 teaspoon salt
- 0.3 cup shallots finely chopped

Equipment

Directions

Combine all ingredients. Cover and chill.

Nutrition Facts

PROTEIN 1.09% **FAT 94.46%** **CARBS 4.45%**

Properties

Glycemic Index:31.75, Glycemic Load:0.74, Inflammation Score:-2, Nutrition Score:4.6700001106314%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 298.3kcal (14.91%), Fat: 31.46g (48.39%), Saturated Fat: 4.92g (30.76%), Carbohydrates: 3.34g (1.11%), Net Carbohydrates: 2.8g (1.02%), Sugar: 1.59g (1.77%), Cholesterol: 17.64mg (5.88%), Sodium: 414.04mg (18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.82g (1.64%), Vitamin K: 68.78µg (65.51%), Vitamin E: 1.4mg (9.31%), Vitamin C: 4.26mg (5.16%), Manganese: 0.07mg (3.29%), Vitamin B6: 0.06mg (2.93%), Folate: 8.95µg (2.24%), Fiber: 0.53g (2.13%), Potassium: 68.68mg (1.96%), Phosphorus: 18.62mg (1.86%), Iron: 0.3mg (1.66%), Selenium: 1.16µg (1.65%), Vitamin B5: 0.13mg (1.27%), Copper: 0.02mg (1.21%), Magnesium: 4.3mg (1.08%), Calcium: 10.34mg (1.03%), Vitamin B1: 0.02mg (1.01%)