



## Tarragon & mustard mayonnaise



Vegetarian



Gluten Free



Dairy Free



Low Fod Map

READY IN



5 min.

SERVINGS



8

CALORIES



162 kcal

SIDE DISH

### Ingredients

- ☐ 1 egg yolk
- ☐ 1 tbsp dijon mustard
- ☐ 150 ml olive oil (not extra virgin)
- ☐ 1 tablespoon juice of lemon
- ☐ 0.5 small bunch tarragon chopped

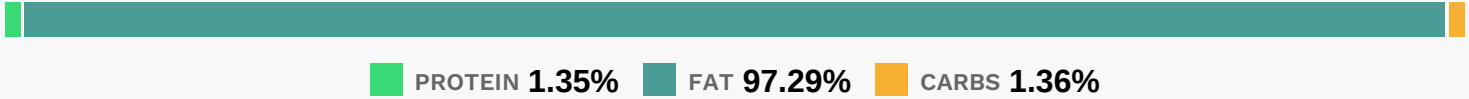
### Equipment

- ☐ bowl
- ☐ whisk

# Directions

- Put the egg yolk and mustard in a bowl. With a hand whisk, keep whisking the mixture while gradually adding the olive oil. When all of the oil has been added, season to taste with the lemon juice and stir in the tarragon.

## Nutrition Facts



## Properties

Glycemic Index:12.75, Glycemic Load:0.16, Inflammation Score:-1, Nutrition Score:2.0843477793362%

## Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 161.6kcal (8.08%), Fat: 17.82g (27.41%), Saturated Fat: 2.59g (16.2%), Carbohydrates: 0.56g (0.19%), Net Carbohydrates: 0.44g (0.16%), Sugar: 0.09g (0.1%), Cholesterol: 24.3mg (8.1%), Sodium: 22.38mg (0.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.56g (1.12%), Vitamin E: 2.53mg (16.88%), Vitamin K: 10.35µg (9.86%), Selenium: 1.92µg (2.74%), Manganese: 0.05mg (2.46%), Iron: 0.35mg (1.95%), Folate: 5.16µg (1.29%), Phosphorus: 12.52mg (1.25%), Vitamin C: 0.98mg (1.19%), Vitamin B2: 0.02mg (1.18%), Vitamin A: 54.89IU (1.1%), Vitamin B6: 0.02mg (1.1%), Calcium: 10.06mg (1.01%)