



Watercress mayonnaise



Vegetarian



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



6

CALORIES



428 kcal

SIDE DISH

Ingredients

- ☐ 1 tbsp lemon juice and white wine vinegar
- ☐ 100 ml olive oil
- ☐ 200 ml vegetable oil
- ☐ 2 egg yolks
- ☐ 1 tsp dijon mustard
- ☐ 0.5 small garlic clove crushed
- ☐ 75 g watercress

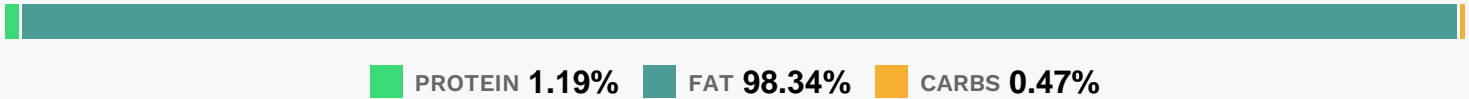
Equipment

- ☐ food processor
- ☐ measuring cup

Directions

- ☐ Mix together 1 tbsp each lemon juice and white wine vinegar. In a measuring jug, mix 100ml olive oil and 200ml groundnut or vegetable oil.
- ☐ In a food processor, whizz 2 egg yolks with 1 heaped tsp Dijon mustard and a generous pinch of salt until fully mixed. With the processor still running, add a few drops of the oil mix, incorporating each drop before adding the next. Now very slowly drizzle the oil in the mayo should begin to thicken and then stiffen. If the mixture looks too thick, add 1 tsp of your lemon/vinegar mix. Keep adding the oil in the same way, alternating with 1 tsp at a time of the lemon/vinegar mix, until all the oil is incorporated and the mayo is the required consistency. Now whizz in small crushed garlic clove.
- ☐ Whizz a 75g bag watercress, leaves and stalks, with the mayo and season.
- ☐ Add a little warm water, lemon juice or vinegar to loosen, if needed. Chill and use within 1 day great with poached salmon.

Nutrition Facts



Properties

Glycemic Index:15.67, Glycemic Load:0.06, Inflammation Score:-4, Nutrition Score:7.688695606978%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 2.88mg, Kaempferol: 2.88mg, Kaempferol: 2.88mg, Kaempferol: 2.88mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.75mg, Quercetin: 3.75mg, Quercetin: 3.75mg

Nutrients (% of daily need)

Calories: 428.08kcal (21.4%), Fat: 47.56g (73.17%), Saturated Fat: 7.36g (46.02%), Carbohydrates: 0.51g (0.17%), Net Carbohydrates: 0.41g (0.15%), Sugar: 0.07g (0.08%), Cholesterol: 64.8mg (21.6%), Sodium: 17.72mg (0.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.29g (2.59%), Vitamin K: 96.95µg (92.34%), Vitamin E: 4.99mg (33.24%), Vitamin A: 486.01IU (9.72%), Vitamin C: 5.47mg (6.63%), Selenium: 3.79µg (5.42%), Phosphorus: 32.38mg (3.24%), Vitamin B2: 0.05mg (2.79%), Folate: 9.95µg (2.49%), Calcium: 24.02mg (2.4%), Vitamin B5: 0.22mg (2.22%), Vitamin D: 0.32µg (2.16%), Manganese: 0.04mg (2.13%), Vitamin B6: 0.04mg (2.04%), Vitamin B12: 0.12µg

(1.95%), Iron: 0.31mg (1.72%), Vitamin B1: 0.02mg (1.59%), Potassium: 51.16mg (1.46%), Zinc: 0.16mg (1.07%)