

Whole Egg Mayonnaise



Vegetarian



Gluten Free



Dairy Free



Low Fod Map

READY IN



10 min.

SERVINGS



16

CALORIES



57 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 eggs
- ☐ 0.5 teaspoon ground mustard dry
- ☐ 0.3 teaspoon salt
- ☐ 2 cups vegetable oil
- ☐ 2 tablespoons vinegar white

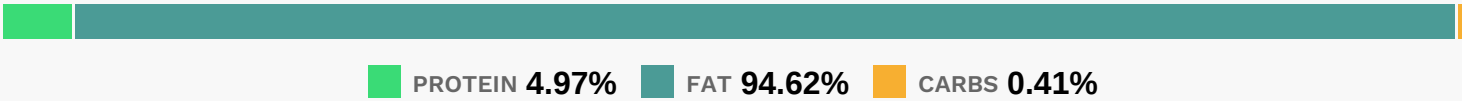
Equipment

- ☐ food processor
- ☐ blender

Directions

- ☐ In the container of a food processor or blender, combine the mustard powder, salt, eggs and vinegar. Set the food processor on medium speed and gradually drizzle in the oil while it runs.
- ☐ Transfer to a container with a lid and store in the refrigerator for up to two weeks.

Nutrition Facts



Properties

Glycemic Index:3.13, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:1.0830434968938%

Nutrients (% of daily need)

Calories: 56.72kcal (2.84%), Fat: 6g (9.22%), Saturated Fat: 1g (6.28%), Carbohydrates: 0.06g (0.02%), Net Carbohydrates: 0.05g (0.02%), Sugar: 0.03g (0.03%), Cholesterol: 20.46mg (6.82%), Sodium: 44.19mg (1.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.71g (1.42%), Vitamin K: 10.04µg (9.56%), Vitamin E: 0.51mg (3.38%), Selenium: 1.83µg (2.61%), Vitamin B2: 0.03mg (1.49%), Phosphorus: 11.49mg (1.15%)