



Healthdor

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## Mayonnaise

Mayonnaise is a creamy sauce made with eggs, oil, and vinegar or lemon juice. It is commonly used as a condiment or ingredient in various recipes. Mayonnaise can be used as a base for salad dressings, sandwich spreads, and dips.

**Recipe Type:** Standard

**Prep Time:** 10 mins

**Cook Time:** N/A

**Total Time:** 10 mins

**Recipe Yield:** 250 grams

**Number of Servings:** 10

**Serving Size:** 25 g

### Ingredients

50 g	Egg Yolks
1 tsp	mustard
2 tbsp	vinegar
0.5 tsp	salt
0.5 tsp	sugar

250 ml vegetable oil

## Directions

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### Step 1

#### Mixing

In a bowl, whisk together the egg yolks, mustard, vinegar, salt, and sugar.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 2

#### Whipping

Slowly drizzle in the vegetable oil while whisking vigorously until the mixture emulsifies and thickens.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Nutrition Facts

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**Calories:** 94 kcal

**Fat:** 10 g

**Protein: 2 g**

**Carbohydrates: 1 g**

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	2 g	11.76%	11.76%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	1 g	1.82%	2%
Sugars	1 g	N/A	N/A

### Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Fat	10 g	35.71%	40%
Saturated Fat	2 g	9.09%	11.76%
Monounsaturated Fat	6 g	N/A	N/A

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Cholesterol	46 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	84 iu	9.33%	12%
Vitamin C	0 mg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	113 mg	4.91%	4.91%
Calcium	6 mg	0.6%	0.6%
Iron	0 mg	0%	0%
Potassium	12 mg	0.35%	0.46%

## Recipe Attributes

### Events

Christmas

Thanksgiving

Barbecue

Picnic

### Course

Snacks

Sauces & Dressings

## Cultural

Chinese New Year

Cinco de Mayo

Diwali

Hanukkah

Oktoberfest

Passover

Ramadan

St. Patrick's Day

Thanksgiving

Christmas

Easter

Halloween

## Cost

Under \$10

\$10 to \$20

## Meal Type

Breakfast

Lunch

Dinner

Snack

Supper

## Difficulty Level

Easy

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