



Healthdor

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Vegan Mayo ♦♦

A plant-based alternative to traditional mayonnaise

Recipe Type: Vegan

Prep Time: 10 mins

Cook Time: N/A

Total Time: 10 mins

Recipe Yield: 200 grams

Number of Servings: 10

Serving Size: 20 g

Ingredients

60 g	aquafaba
3 tsp	Lemon juice
2 tsp	Dijon Mustard
2 tsp	White Vinegar
1 tsp	Salt
1 tsp	Sugar
1 c	canola oil

Directions

Step 1

Whisking

In a mixing bowl, whisk together aquafaba, lemon juice, mustard, vinegar, salt, and sugar.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Whisking

Slowly drizzle in the canola oil while continuing to whisk until the mixture emulsifies and thickens.

Prep Time: 5 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 100 kcal

Fat: 11 g

Protein: 0 g

Carbohydrates: 1 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	0 g	0%	0%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	1 g	1.82%	2%
Fibers	0 g	0%	0%
Sugars	0 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	10 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	11 g	39.29%	44%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	0 iu	0%	0%
Vitamin C	2 mg	2.22%	2.67%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	0 mg	0%	0%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	200 mg	8.7%	8.7%
Calcium	0 mg	0%	0%
Iron	0 mg	0%	0%
Potassium	0 mg	0%	0%
Zinc	0 mg	0%	0%
Selenium	0 mcg	0%	0%

Recipe Attributes

Seasonality

Summer

Cuisines

Mexican

Course

Sauces & Dressings

Diet

Vegan Diet

Ovo-Vegetarian Diet

Anti-Inflammatory Diet

The Swiss Secret Diet

The Israeli Army Diet

The Five-Bite Diet

The Master Cleanse Diet

The Subway Diet

The Shangri-La Diet

The Best Life Diet

The 3-Day Diet

The Eat-Clean Diet

The Peanut Butter Diet

The Bulletproof Diet

The Carnivore Diet

The Dukan Diet

The HCG Diet

Meal Type

Supper

Difficulty Level

Medium

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