



VEGAN MAYONNAISE

Easy mayonnaise with no eggs

🕒 5 minutes

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🍴 4 portions

INGREDIENTS

- 2 cloves of garlic, raw [6 g]
- 2 wedges yields of lemon juice, raw [12 g]
- 3 tsps or packetes of mustard, prepared, yellow [15 g]
- 1/2 cup of oil, safflower, salad or cooking, high oleic (primary safflower oil of commerce) [109 g] or 1/2 cup of oil, avocado [109 g]
- 1/4 cup of oil, olive, salad or cooking [54 g]
- 1/2 tsp of salt, table [3 g]
- 1 dash of spices, pepper, black [0 g]
- 20 grams of chickpeas (garbanzo beans, bengal gram), mature seeds, canned, drained solids
- 50 grams of chickpeas (garbanzo beans, bengal gram), mature seeds, canned, solids and liquids

COOKING METHOD

- 1° there are 2 chickpeas in the ingredients, the first one as 20 gr refers to 12 un chickpeas and the second 50 gr refers to 50 gr of the liquid of the chickpeas that is in the can [the Aquafaba]
- 2° Combine garlic, lemon, mustard, chickpea liquid and whole cooked chickpeas. blend high speed in a small blender [nutribullet for example]
- 3° then slowly drizzle the 2 oil mixed together in to the mix if using a head blender drizzle oil when blender running if using nutribullet, add the whole quantity of oil at once and blend 30 sec high speed
- 4° season at taste with salt and pepper, can add paprika or or sauce for different use and dressing

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION [67 g]	% DRI
ENERGY	570 kcal	383 kcal	19 %
FAT	61 g	41 g	63 %
FATTY ACIDS, TOTAL SATURATED	7 g	5 g	23 %
CHOLESTEROL	0 mg	0 mg	0 %
SODIUM	565 mg	380 mg	16 %
CARBOHYDRATE	6 g	4 g	1 %
SUGARS	0 g	0 g	—
FIBER	2 g	1 g	4 %
PROTEIN	2 g	1 g	—