

Lime Mayonnaise

The Essential Appetizers Cookbook (1999)
Whitecap Books

2 egg yolks
1 clove garlic, crushed
1/3 cup vegetable oil
1/3 cup olive oil
2 tablespoons lime juice
1 small green chili pepper, finely
chopped

In a bowl, combine the egg yolks and garlic.
Slowly add the vegetable oil, one drop at a time,
whisking continuously to form a smooth mixture.

When all of the vegetable oil has been added,
slowly add the olive oil in a thin stream, whisking
continuously.

Add the lime juice and chili. Mix well.

Season with salt and pepper.

Refrigerate, covered, until needed.

Per Serving (excluding unknown
items): 1416 Calories; 154g Fat
(95.7% calories from fat); 7g
Protein; 9g Carbohydrate; 1g
Dietary Fiber; 425mg Cholesterol;
18mg Sodium. Exchanges: 1/2
Lean Meat; 1 Vegetable; 0 Fruit; 30
Fat.

Sauces and Condiments

Per Serving Nutritional Analysis

Calories (kcal):	1416
% Calories from Fat:	95.7%
% Calories from Carbohydrates:	2.4%
% Calories from Protein:	1.9%
Total Fat (g):	154g
Saturated Fat (g):	21g
Monounsaturated Fat (g):	99g
Polyunsaturated Fat (g):	23g
Cholesterol (mg):	425mg
Carbohydrate (g):	9g
	1g

Vitamin B6 (mg):	.3mg
Vitamin B12 (mcg):	1.0mcg
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	.2mg
Folacin (mcg):	62mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Daily Value*	0 0%

Food Exchanges

0
1

Dietary Fiber (g):
 Protein (g): 7g
 Sodium (mg): 18mg
 Potassium (mg): 230mg
 Calcium (mg): 62mg
 Iron (mg): 2mg
 Zinc (mg): 1mg
 Vitamin C (mg): 119mg
 Vitamin A (i.u.): 995IU
 Vitamin A (r.e.): 229RE

Grain (Starch):
 Lean Meat: 1/2
 Vegetable: 1
 Fruit: 0
 Non-Fat Milk: 0
 Fat: 30
 Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 1416 Calories from Fat: 1355

% Daily Values*

Total Fat 154g 236%
 Saturated Fat 21g 106%
Cholesterol 425mg 142%
Sodium 18mg 1%
Total Carbohydrates 9g 3%
 Dietary Fiber 1g 3%
Protein 7g

Vitamin A 20%
Vitamin C 198%
Calcium 6%
Iron 11%

* Percent Daily Values are based on a 2000 calorie diet.