

Salmon Mayonnaise

The Essential Appetizers Cookbook (1999)
Whitecap Books

2 egg yolks
2 cloves garlic, crushed
2 teaspoons lemon juice
3/4 cup olive oil
2 ounces sliced smoked salmon

In a small bowl, whisk together the egg yolks, garlic and lemon juice.

Beat the olive oil into the mixture, about a teaspoon at a time, ensuring that all of the oil is combined before adding more.

The mixture will have the consistency of thick cream.

Per Serving (excluding unknown items): 1562 Calories; 172g Fat (97.6% calories from fat); 6g Protein; 3g Carbohydrate; trace Dietary Fiber; 425mg Cholesterol; 15mg Sodium. Exchanges: 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; 34 Fat.

Sauces and Condiments

Per Serving Nutritional Analysis

Calories (kcal):	1562	Vitamin B6 (mg):	.2mg
% Calories from Fat:	97.6%	Vitamin B12 (mcg):	1.0mcg
% Calories from Carbohydrates:	0.9%	Thiamin B1 (mg):	trace
% Calories from Protein:	1.5%	Riboflavin B2 (mg):	.2mg
Total Fat (g):	172g	Folacin (mcg):	50mcg
Saturated Fat (g):	25g	Niacin (mg):	trace
Monounsaturated Fat (g):	123g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	15g	Alcohol (kcal):	0
Cholesterol (mg):	425mg	% Refused:	n n%
Carbohydrate (g):	3g	Food Exchanges	
Dietary Fiber (g):	trace	Grain (Starch):	0
Protein (g):	6g	Lean Meat:	1/2
Sodium (mg):	15mg	Vegetable:	1/2
Potassium (mg):	68mg	Fruit:	0

Calcium (mg): 57mg
Iron (mg): 2mg
Zinc (mg): 1mg
Vitamin C (mg): 7mg
Vitamin A (i.u.): 648IU
Vitamin A (r.e.): 194RE

Non-Fat Milk: 0
Fat: 34
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 1562 Calories from Fat: 1525

% Daily Values*

Total Fat	172g	265%
Saturated Fat	25g	125%
Cholesterol	425mg	142%
Sodium	15mg	1%
Total Carbohydrates	3g	1%
Dietary Fiber	trace	1%
Protein	6g	
Vitamin A		13%
Vitamin C		11%
Calcium		6%
Iron		10%

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