



### LIGHT MAYO DRESSING

Creamy dressing easy to make. Can be made and kept in the fridge for few days and salad lunch

 5 minutes

 6 portions

## INGREDIENTS

- 6 tps or packetes of mustard, prepared, yellow (30 g)
- 1 unit yields of lemon juice, raw (48 g)
- 3 tbsps of salad dressing, mayonnaise and mayonnaise-type, low calorie (44 g) or 100 grams of egg mayonnaise, homemade
- 10 grams of parsley, fresh or 1 tbsp of parsley, freeze-dried (0 g)
- 50 grams of water, bottled
- 2 tbsps chopped of shallots, raw (20 g) or 2 tbsps of shallots, freeze-dried (2 g)
- 3 tablespoons of oil, olive, salad or cooking (41 g) or 3 tbsps of oil, avocado (42 g)

## COOKING METHOD

1° Placed all the ingredients in a small blender (nutribullet) Mix for 20 sec, portion and use to season salads Can be kept up to 5 days in the fridge

2° If easier use frozen chopped herbs ( shallots and

## NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (43 g)	% DRI
ENERGY	248 kcal	106 kcal	5 %
FAT	25 g	11 g	16 %
FATTY ACIDS, TOTAL SATURATED	4 g	2 g	8 %
CHOLESTEROL	55 mg	23 mg	8 %
SODIUM	252 mg	108 mg	5 %
CARBOHYDRATE	5 g	2 g	1 %
SUGARS	1 g	1 g	—
FIBER	1 g	0 g	1 %
PROTEIN	2 g	1 g	—