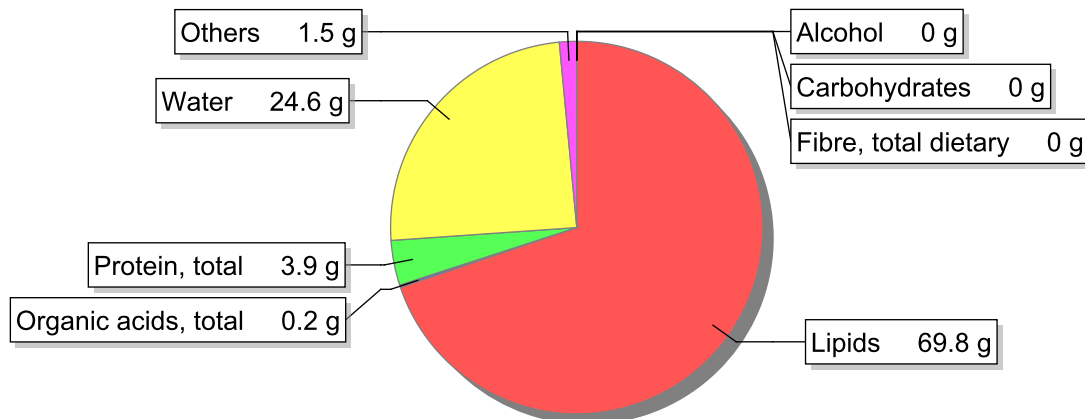


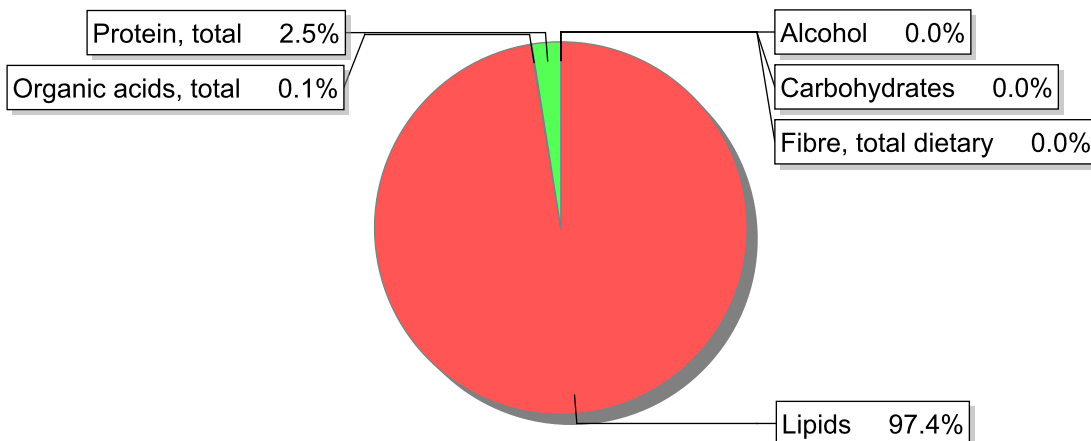
**Food**

**Name:** Mayonnaise, with egg and soya oil, homemade  
**Group:** Soups, sauces and miscellaneous foods  
**Subgroup:** Sauces  
**Edible Part:** 100%  
**Code:** IS927  
**FoodEX2 Code:** A044X

**Composition [g/100g]**



**Energy**



**Nutritive content per 100g edible portion**

Name	Value	Unit	Source(s)
<b>Energy value</b>			
energy kcal, total metabolisable	644	kcal	
energy kJ, total metabolisable	2650	kJ	
<b>Macro nutrients</b>			
Lipids		g	
fatty acids, total saturated	11.3	g	
fatty acids, total monounsaturated	16.1	g	
fatty acids, total polyunsaturated	38.2	g	
fatty acid 18:2 n-6 cis,cis	34.9	g	

Name	Value	Unit	Source(s)
fatty acids, total trans	0.4	g	
<b>Carbohydrates</b>		g	
sugars, total	0	g	
sucrose	0	g	
lactose	0	g	
oligosaccharides, available	0	g	
starch, total	0	g	
salt	0.3	g	
fibre, total dietary	0	g	
protein, total	3.9	g	
alcohol	0	g	
water	24.6	g	
organic acids, total	0.2	g	
cholesterol	122	mg	
<b>Vitamins</b>			
vitamin A; retinol equiv from retinol and carotenoid activities	60	µg	
carotene, total (vitamin A precursors)	0	µg	
vitamin D	0.5	µg	
alpha-tocopherol	12	mg	
thiamin	0.02	mg	
riboflavin	0.13	mg	
niacin, preformed	0.01	mg	
niacin equivalents, total	1.1	mg	
niacin equivalents from tryptophan	1.1	mg	
vitamin B-6, total	0.11	mg	
vitamin B-12	0.3	µg	
vitamin C	0	mg	
folate, total	15	µg	
<b>Minerals</b>			
ash	0.50	g	
sodium	120	mg	
potassium	40	mg	
calcium	13	mg	
phosphorus	55	mg	
magnesium	4	mg	
iron, total	0.6	mg	
zinc	0.4	mg	

## Legend

Code	Name
g	gram
kJ	kilojoule
kcal	kilocalorie
mg	milligram
µg	microgram

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## References