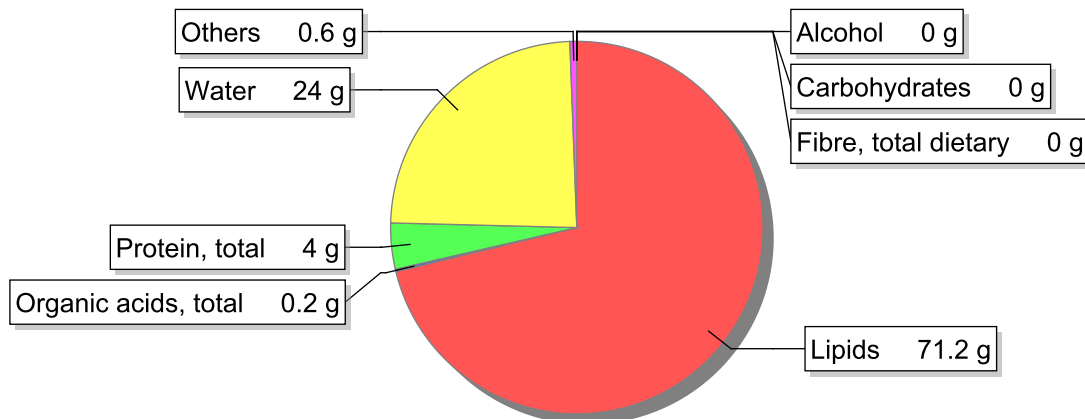


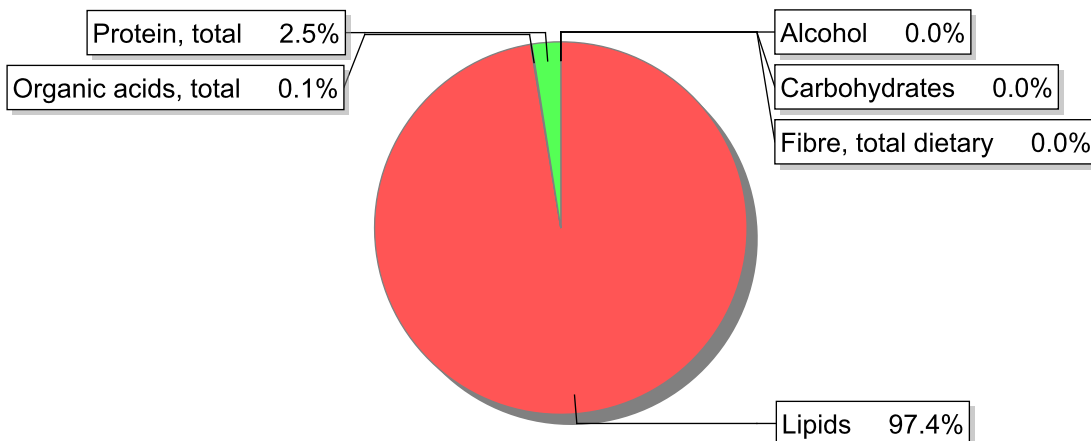
Food

Name: Mayonnaise, with egg and olive oil, homemade
Group: Soups, sauces and miscellaneous foods
Subgroup: Sauces
Edible Part: 100%
Code: IS926
FoodEX2 Code: A044X

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
Energy value			
energy kcal, total metabolisable	657	kcal	
energy kJ, total metabolisable	2710	kJ	
Macro nutrients			
Lipids		g	
fatty acids, total saturated	10.6	g	
fatty acids, total monounsaturated	54.6	g	
fatty acids, total polyunsaturated	5.3	g	
fatty acid 18:2 n-6 cis,cis	4.8	g	

Name	Value	Unit	Source(s)
fatty acids, total trans	0	g	
Carbohydrates		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	4	g	
alcohol	0	g	
water	24	g	
organic acids, total	0.2	g	
cholesterol	122	mg	
Vitamins			
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	10	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	0.29	µg	
vitamin C	0	mg	
folate, total	15	µg	
Minerals			
ash	0.40	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

References