

Lipidomic mayonnaise

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NUTRI-lipidomics *Molecular nutrition and healthy diet*



Mayonnaise made “in lipidomic key”

Easy, comfortable and very pleasing preparation on the palate. Suitable for those who need to restrict egg intake for different reasons: allergies, limiting arachidonic acid intake, vegan feeding, etc.

*Note: we have tried the recipe with different types of soy milk. For the success of the recipe, **use natural products**, obtained **exclusively from soybeans**, no sugars or other added ingredients.*

The NUTRI-lipidomic recipe

Lipidomic mayonnaise

Ingredients

- 130 g of evo oil
- 1 teaspoon (5 g) of linseed oil
- 100 ml of soy natural juice
- 1 tablespoon of apple vinegar
- 1/2 teaspoon of turmeric
- 1 teaspoon of delicious mustard
- 2 pcs of salt.

Preparation

Put all the ingredients in the cup. Immerse the blender and whisk for about 1 minute. Place it in a jar of glass and place it in the fridge for a couple of hours. Store in the fridge and consume within 1 week.



Fatty acid values (per portion 30 gr)

Total fat	16,70 g
Saturated fat	2,39 g
Monounsaturated	11,76 g
Total polyunsaturated fat	1,72 g
Linoleic acid ω 6	1,26
Linolenic acid ω 3	0,46
ω 6/ ω 3 ratio	2,72
Arachidonic acid	absent

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The diet tips, written in the article, are not intended to be a substitute for a personal nutrition plan and are to be adapted to specific cases.
