

Homemade Blender Mayonnaise

Mrs. Cheney C. Joseph Jr

River Road Recipes II (1976) - The Junion League, Baton Rouge, LA

Yield: 1 1/2 cups

1 cup salad oil
1 whole egg
1 tablespoon Worcestershire sauce
1 tablespoon lemon juice
1 tablespoon tarragon vinegar
1 teaspoon salt
1 teaspoon Tabasco sauce
1 teaspoon prepared mustard

In a blender, place 1/4 cup of oil, the egg, Worcestershire sauce, lemon juice, vinegar, salt, Tabasco sauce and mustard. Blend for several seconds.

Add the remaining 3/4 cup of oil slowly while the blender is running. Blend for approximately 1 minute.

A variation of this recipe by Mrs. Ralph Braun and Mrs. R. Lewis Rieger.

Use one teaspoon of dry mustard in place of the prepared mustard. Use two tablespoons of wine vinegar or three tablespoons of lemon juice in place of the tarragon vinegar.

Per Serving (excluding unknown items): 2015 Calories; 223g Fat (97.6% calories from fat); 6g Protein; 6g Carbohydrate; trace Dietary Fiber; 187mg Cholesterol; 2419mg Sodium. Exchanges: 1 Lean Meat; 0 Vegetable; 0 Fruit; 44 Fat; 1/2 Other Carbohydrates.

Sauces and Condiments

Per Serving Nutritional Analysis

| | |
|--------------------------------|--------|
| Calories (kcal): | 2015 |
| % Calories from Fat: | 97.6% |
| % Calories from Carbohydrates: | 1.2% |
| % Calories from Protein: | 1.2% |
| Total Fat (g): | 223g |
| Saturated Fat (g): | 27g |
| Monounsaturated Fat (g): | 131g |
| Polyunsaturated Fat (g): | 47g |
| Cholesterol (mg): | 187mg |
| Carbohydrate (g): | 6g |
| Dietary Fiber (g): | trace |
| Protein (g): | 6g |
| Sodium (mg): | 2419mg |
| Potassium (mg): | 217mg |
| Calcium (mg): | 58mg |

| | |
|---------------------|-------|
| Vitamin B6 (mg): | .1mg |
| Vitamin B12 (mcg): | .4mcg |
| Thiamin B1 (mg): | trace |
| Riboflavin B2 (mg): | .3mg |
| Folacin (mcg): | 24mcg |
| Niacin (mg): | trace |
| Caffeine (mg): | 0mg |
| Alcohol (kcal): | 0 |
| % Refuse: | 0.00% |

Food Exchanges

| | |
|-----------------|---|
| Grain (Starch): | 0 |
| Lean Meat: | 1 |
| Vegetable: | 0 |
| Fruit: | 0 |
| Non-Fat Milk: | 0 |

Iron (mg): 2mg
Zinc (mg): 1mg
Vitamin C (mg): 37mg
Vitamin A (i.u.): 329IU
Vitamin A (r.e.): 92RE

Fat: 44
Other Carbohydrates: 1/2

Nutrition Facts

Amount Per Serving

| | | |
|----------|------|-------------------------|
| Calories | 2015 | Calories from Fat: 1968 |
|----------|------|-------------------------|

% Daily Values*

| | | |
|----------------------------|--------|------|
| Total Fat | 223g | 342% |
| Saturated Fat | 27g | 133% |
| Cholesterol | 187mg | 62% |
| Sodium | 2419mg | 101% |
| Total Carbohydrates | 6g | 2% |
| Dietary Fiber | trace | 1% |
| Protein | 6g | |

| | |
|------------------|-----|
| Vitamin A | 7% |
| Vitamin C | 62% |
| Calcium | 6% |
| Iron | 10% |

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