

Quick mustard mayonnaise



 10 min.  805 kcal  SteviaSweet Crystal

Preparation

Break the egg into a tall bowl that can be used with a hand blender. Add the rapeseed oil, [SteviaSweet Crystal](#) and spices. Put the hand blender into the bowl so it touches the bottom. Turn the blender on and keep it at the bottom until the oil and the egg have formed an emulsion. Gradually lift the blender until all the oil is mixed with the mayonnaise. Spice up with dill.

This mayonnaise is good with fish and seafood, but it can also be eaten with bread or used to make a potato salad.

Ingredients makes 300 ml

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| 1 | egg |
| 250 ml | rapeseed oil |
| 1/2 tbsp | SteviaSweet Crystal |
| 2 tbsp | white vinegar |
| 100 g | coarse Dijon mustard |
| 1/2 tsp | salt |
| 8 g | finely chopped dill |

Nutritional information per portion

| | |
|------|-----------------|
| 805 | kcal |
| 3384 | kJ |
| 4 | g Protein |
| 2 | g Carbohydrates |
| 86 | g Fat |