



Light Mayonnaise

FOOD.BRAND

FOOD.CATEGORY

Keto / Low Carb

Nutrients

CALORIES	281 kcal (per 100g)
PROTEIN	0.6g (per 100g)
FAT	27.0g (per 100g)
CARBOHYDRATES	9.0g (per 100g)
FIBER	0.2g (per 100g)

Detailed Nutrient List

PROTEIN		0.6 g
David Janitzek Diets	Contact:	Web:
Premium FAT	Email:	dietspremium.com
Krumbacher Straße 26	support@dietspremium.com	Bank Details
86424 Dinkelscherben,	Tel.: +49 1520 744 5675	Bank: Deutsche Bank
Germany CARBOHYDRATE		IBAN: DE26 7207 0024 0064 1910 00
VAT ID: DE453108867		SWIFT (BIC): DEUTDEDB720
		9 g



WATER	60 g
SUGAR	3.5 g
FIBER	0.2 g
SODIUM	650 mg
SALT	1.63 g
FATTY SATURATED	3.5 g
FATTY MONOUNSATURATED	7.5 g
FATTY POLYUNSATURATED	15 g
OMEGA 6	13 g
CHOLESTEROL	20 mg
VITAMIN E	3.2 mg
VITAMIN K	163 µg
ASH	2.7 g
OMEGA 3	1.5 g
FATTY TRANS	0.1 g
CHLORIDE	100 mg
POTASSIUM	20 mg
CALCIUM	8 mg
PHOSPHORUS	25 mg
IRON	0.2 mg
MAGNESIUM	2 mg
ZINC	0.15 mg
VITAMIN B1 (THIAMIN)	0.01 mg

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 0.02 mg
 0.05 mg



VITAMIN B6 (PYRIDOXINE)	0.01 mg
FOLATE	2 µg
VITAMIN B12 (COBALAMIN)	0.05 µg
VITAMIN D	0.2 µg
VITAMIN A	15 µg
ACIDITY	0.3 g

The information contained in this document is for educational purposes only and does not replace medical advice.

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