

Nutritional properties and health benefits of mayonnaise

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A typical formulation for commercially made mayonnaise can contain as much as 70% vegetable oil, 15% egg yolks and 12% vinegar, in a stable emulsified state. From a nutritional perspective, as mayonnaise supplies polyunsaturated fatty acids, cholesterol, phospholipids, a good balance of amino acids, alpha-tocopherol, organic acids and so on, it is not only a calorically dense but also a functional food. Mayonnaise consumption may promise a high coefficient of digestibility for fat-soluble nutrients such that it would ameliorate or facilitate the prevention of malnutrition. Though malnutrition is an issue that needs to be addressed, life-style related diseases primarily caused by over consumption are rising in Asian countries. We herein review the nutritional properties and health benefits of mayonnaise.