



Aioli



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



69 kcal

SIDE DISH

Ingredients

- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 0.8 cup canola oil
- ☐ 0.5 teaspoon dijon mustard
- ☐ 2 large pasteurized egg yolks
- ☐ 1 garlic clove minced
- ☐ 1 teaspoon juice of lemon fresh
- ☐ 0.3 teaspoon salt

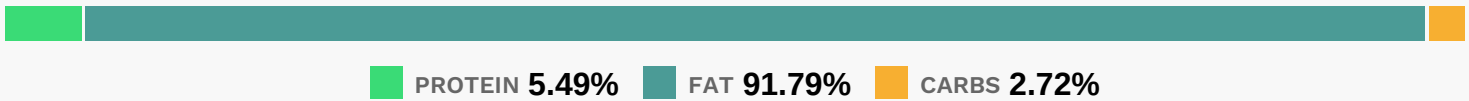
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Combine lemon juice, mustard, and egg yolks in a medium bowl, stirring well with a whisk. Gradually add oil, about 1 tablespoon at a time, stirring with a whisk until each addition is incorporated and mixture is thick. Stir in salt, pepper, and garlic.

Nutrition Facts



Properties

Glycemic Index:15.67, Glycemic Load:0.05, Inflammation Score:-1, Nutrition Score:1.6226087092705%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 69.04kcal (3.45%), Fat: 7.12g (10.96%), Saturated Fat: 0.96g (5.97%), Carbohydrates: 0.48g (0.16%), Net Carbohydrates: 0.43g (0.16%), Sugar: 0.06g (0.07%), Cholesterol: 61.2mg (20.4%), Sodium: 104.3mg (4.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.96g (1.92%), Vitamin E: 1.13mg (7.53%), Selenium: 3.39µg (4.84%), Vitamin K: 4.12µg (3.92%), Phosphorus: 23.45mg (2.34%), Folate: 8.49µg (2.12%), Vitamin D: 0.31µg (2.04%), Vitamin B12: 0.11µg (1.84%), Vitamin B2: 0.03mg (1.82%), Vitamin B5: 0.18mg (1.75%), Vitamin A: 82.33IU (1.65%), Vitamin B6: 0.03mg (1.34%)