



Aioli

 Vegetarian  Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



87 kcal

SIDE DISH

Ingredients

- 2 egg yolk
- 1 cup olive oil extra virgin
- 4 cloves garlic minced
- 6 servings pepper black to taste
- 2 teaspoons juice of lemon
- 6 servings salt to taste

Equipment

- bowl

whisk

Directions

In a medium bowl, beat eggs well with a wire whisk. Stir in garlic. Gradually add oil in a thin stream, beating constantly until light and creamy. Season with salt and pepper. Stir in lemon juice. Refrigerate.

Nutrition Facts



PROTEIN 5% **FAT 90.2%** **CARBS 4.8%**

Properties

Glycemic Index:10.33, Glycemic Load:0.2, Inflammation Score:-1, Nutrition Score:1.9660869590614%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 86.57kcal (4.33%), Fat: 8.81g (13.55%), Saturated Fat: 1.57g (9.82%), Carbohydrates: 1.06g (0.35%), Net Carbohydrates: 0.98g (0.36%), Sugar: 0.1g (0.11%), Cholesterol: 64.8mg (21.6%), Sodium: 197.19mg (8.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.1g (2.19%), Vitamin E: 1.2mg (7.98%), Selenium: 3.65µg (5.22%), Vitamin K: 4.57µg (4.36%), Phosphorus: 26.75mg (2.68%), Manganese: 0.05mg (2.51%), Vitamin B6: 0.05mg (2.34%), Folate: 9.17µg (2.29%), Vitamin D: 0.32µg (2.16%), Vitamin B2: 0.03mg (2.02%), Vitamin B12: 0.12µg (1.95%), Vitamin B5: 0.19mg (1.95%), Vitamin A: 87.35IU (1.75%), Vitamin C: 1.27mg (1.54%), Iron: 0.25mg (1.39%), Calcium: 12.1mg (1.21%), Zinc: 0.16mg (1.09%)