



Aïoli



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



1201 kcal

SIDE DISH

Ingredients

- ☐ 10 garlic cloves
- ☐ 3 cups mayonnaise
- ☐ 0.5 cup olive oil extra-virgin

Equipment

- ☐ food processor

Directions

- ☐
- Chop garlic in a food processor.
- ☐
- Add mayonnaise, and process until smooth. With processor running, gradually pour oil in a slow steady stream, blending until smooth.

Nutrition Facts

PROTEIN 0.7%

FAT 98.16%

CARBS 1.14%

Properties

Glycemic Index:20, Glycemic Load:1.18, Inflammation Score:-3, Nutrition Score:8.7221738618353%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 1201.31kcal (60.07%), Fat: 131.1g (201.69%), Saturated Fat: 20.41g (127.55%), Carbohydrates: 3.44g (1.15%), Net Carbohydrates: 3.28g (1.19%), Sugar: 1.03g (1.15%), Cholesterol: 70.56mg (23.52%), Sodium: 1068.18mg (46.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.09g (4.18%), Vitamin K: 277.22µg (264.02%), Vitamin E: 6.29mg (41.96%), Selenium: 4.93µg (7.04%), Manganese: 0.14mg (6.86%), Vitamin B6: 0.11mg (5.32%), Phosphorus: 46.76mg (4.68%), Vitamin B12: 0.2µg (3.36%), Vitamin B5: 0.33mg (3.34%), Vitamin C: 2.34mg (2.84%), Iron: 0.51mg (2.84%), Copper: 0.05mg (2.72%), Calcium: 27.07mg (2.71%), Vitamin B2: 0.04mg (2.36%), Zinc: 0.34mg (2.26%), Vitamin D: 0.34µg (2.24%), Vitamin A: 109.88IU (2.2%), Folate: 8.63µg (2.16%), Vitamin B1: 0.03mg (2.12%), Potassium: 63.73mg (1.82%)