



## Aïoli Dunking Sauce

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



86 kcal

SAUCE

### Ingredients

- 0.3 teaspoon pepper black freshly ground
- 2 tablespoons dijon mustard
- 2 egg yolks
- 2 garlic cloves chopped
- 0.1 teaspoon hot sauce
- 2 tablespoons juice of lemon fresh
- 2 teaspoons lemon rind grated
- 0.5 cup olive oil

- 0.3 teaspoon salt
- 0.3 teaspoon worcestershire sauce

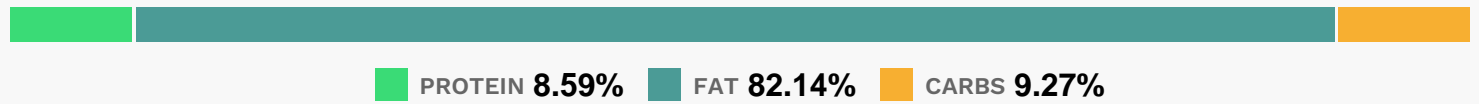
## Equipment

- blender

## Directions

- Process first 9 ingredients in a blender until smooth. With the motor running, slowly drizzle in the oil until the mixture is thickened and emulsified. Refrigerate until ready to serve.

## Nutrition Facts



## Properties

Glycemic Index:23.5, Glycemic Load:0.18, Inflammation Score:-1, Nutrition Score:3.1960869807264%

## Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

## Nutrients (% of daily need)

Calories: 86.26kcal (4.31%), Fat: 8.07g (12.42%), Saturated Fat: 1.63g (10.19%), Carbohydrates: 2.05g (0.68%), Net Carbohydrates: 1.53g (0.56%), Sugar: 0.44g (0.49%), Cholesterol: 97.2mg (32.4%), Sodium: 240.86mg (10.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.9g (3.8%), Selenium: 7.83µg (11.18%), Vitamin E: 1.05mg (7.02%), Vitamin C: 4.83mg (5.86%), Phosphorus: 46.65mg (4.67%), Manganese: 0.08mg (3.93%), Folate: 15.4µg (3.85%), Vitamin K: 3.66µg (3.49%), Vitamin B2: 0.06mg (3.34%), Vitamin D: 0.49µg (3.24%), Vitamin B5: 0.32mg (3.15%), Vitamin B6: 0.06mg (3.05%), Vitamin B12: 0.18µg (2.93%), Vitamin A: 137.37IU (2.75%), Iron: 0.47mg (2.6%), Vitamin B1: 0.04mg (2.39%), Calcium: 21.95mg (2.19%), Fiber: 0.51g (2.06%), Zinc: 0.28mg (1.88%), Magnesium: 5.3mg (1.32%), Potassium: 41.33mg (1.18%), Copper: 0.02mg (1.08%)