

Aioli (Garlic Mayonnaise)



Vegetarian



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



8

CALORIES



59 kcal

SIDE DISH

Ingredients

- 1 teaspoon dijon mustard
- 1 egg yolk
- 0.5 clove garlic minced
- 8 servings juice of lemon to taste
- 1 cup olive oil extra-virgin
- 8 servings salt and pepper to taste

Equipment

- bowl

whisk

Directions

In a bowl, whisk together the Dijon mustard and egg yolk. Slowly pour in olive oil while whisking rapidly. After all the olive oil is in the mixture, blend in the garlic and lemon juice. Season with salt and pepper.

Nutrition Facts

 **PROTEIN 2.94%** **FAT 89.14%** **CARBS 7.92%**

Properties

Glycemic Index:7.75, Glycemic Load:0.02, Inflammation Score:-1, Nutrition Score:1.299130436195%

Flavonoids

Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 58.94kcal (2.95%), Fat: 6.05g (9.31%), Saturated Fat: 0.97g (6.05%), Carbohydrates: 1.21g (0.4%), Net Carbohydrates: 1.14g (0.41%), Sugar: 0.4g (0.45%), Cholesterol: 24.3mg (8.1%), Sodium: 202.03mg (8.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.45g (0.9%), Vitamin C: 5.87mg (7.11%), Vitamin E: 0.86mg (5.74%), Vitamin K: 3.28µg (3.12%), Selenium: 1.51µg (2.16%), Folate: 6.33µg (1.58%), Phosphorus: 10.94mg (1.09%)