



Allioli



Vegetarian



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



5

CALORIES



239 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup canola oil
- ☐ 1 large eggs
- ☐ 1 large egg yolk
- ☐ 4 large garlic cloves
- ☐ 1 teaspoon kosher salt
- ☐ 2 tablespoons juice of lemon
- ☐ 1 cup olive oil extra-virgin

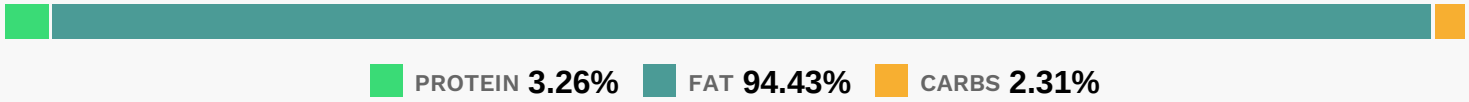
Equipment

☐ food processor

Directions

- ☐ In a food processor, whirl 4 garlic cloves to mince. Whirl in 1 large egg plus 1 egg yolk, 2 tbsp. lemon juice, and 1 tsp. kosher salt into a smooth paste.
- ☐ Drizzle in 1 cup extra-virgin olive oil and 1/3 cup canola oil.
- ☐ Make ahead: Up to 1 week, chilled.

Nutrition Facts



Properties

Glycemic Index:6, Glycemic Load:0.22, Inflammation Score:-1, Nutrition Score:3.8465217248253%

Flavonoids

Eriodictyol: 0.29mg, Eriodictyol: 0.29mg, Eriodictyol: 0.29mg, Eriodictyol: 0.29mg Hesperetin: 0.87mg, Hesperetin: 0.87mg, Hesperetin: 0.87mg, Hesperetin: 0.87mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 238.53kcal (11.93%), Fat: 25.45g (39.16%), Saturated Fat: 2.93g (18.34%), Carbohydrates: 1.4g (0.47%), Net Carbohydrates: 1.33g (0.49%), Sugar: 0.23g (0.26%), Cholesterol: 73.92mg (24.64%), Sodium: 481.57mg (20.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.97g (3.95%), Vitamin E: 4.06mg (27.07%), Vitamin K: 15.94µg (15.18%), Selenium: 5.32µg (7.6%), Vitamin B2: 0.07mg (3.95%), Phosphorus: 37.21mg (3.72%), Vitamin C: 3.07mg (3.72%), Vitamin B6: 0.06mg (3.07%), Vitamin B5: 0.28mg (2.77%), Folate: 10.94µg (2.73%), Vitamin B12: 0.16µg (2.59%), Vitamin D: 0.38µg (2.56%), Manganese: 0.05mg (2.34%), Vitamin A: 103.6IU (2.07%), Iron: 0.37mg (2.03%), Zinc: 0.24mg (1.59%), Calcium: 15.06mg (1.51%), Vitamin B1: 0.02mg (1.08%)