



Bacon Aioli



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



5

CALORIES



140 kcal

SIDE DISH

Ingredients

- ☐ 5 slices bacon
- ☐ 0.3 cup egg substitute
- ☐ 1 garlic clove chopped
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 0.5 cup vegetable oil

Equipment

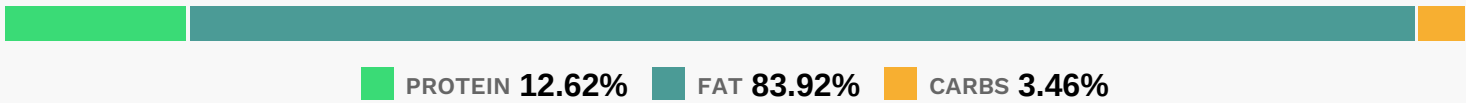
- ☐ food processor
- ☐ frying pan

☐ paper towels

Directions

- ☐ Cook bacon in a large skillet until crisp; drain on paper towels, reserving 1 tablespoon drippings. Crumble bacon.
- ☐ Process reserved bacon drippings, garlic, egg substitute, and lemon juice in a food processor until smooth, stopping once to scrape down sides. With processor running, pour oil through food chute in a slow, steady stream. Stir in bacon.

Nutrition Facts



Properties

Glycemic Index:6, Glycemic Load:0.06, Inflammation Score:-1, Nutrition Score:3.4004347787603%

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 Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 140.18kcal (7.01%), Fat: 13.11g (20.17%), Saturated Fat: 3.59g (22.46%), Carbohydrates: 1.21g (0.4%), Net Carbohydrates: 1.18g (0.43%), Sugar: 0.48g (0.53%), Cholesterol: 14.52mg (4.84%), Sodium: 177.64mg (7.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.44g (8.87%), Selenium: 11.12µg (15.89%), Vitamin K: 8.06µg (7.68%), Vitamin B1: 0.08mg (5.5%), Vitamin B2: 0.08mg (4.77%), Vitamin E: 0.72mg (4.77%), Vitamin B3: 0.92mg (4.58%), Vitamin B6: 0.09mg (4.5%), Phosphorus: 44.6mg (4.46%), Vitamin B5: 0.4mg (3.99%), Vitamin C: 2.59mg (3.14%), Zinc: 0.43mg (2.84%), Vitamin B12: 0.16µg (2.74%), Potassium: 86.23mg (2.46%), Iron: 0.42mg (2.35%), Vitamin D: 0.34µg (2.29%), Calcium: 14.23mg (1.42%), Magnesium: 5.55mg (1.39%)