



Baguette with Homemade Aioli

 Vegetarian  Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



111 kcal

Ingredients

- 0.1 teaspoon pepper black freshly ground
- 1 pound bread baguette french thinly sliced
- 1 tablespoon dijon mustard
- 1 large pasteurized egg yolk
- 0.5 teaspoon garlic fresh minced
- 1.5 teaspoons juice of lemon fresh
- 0.3 cup olive oil
- 0.1 teaspoon salt

Equipment

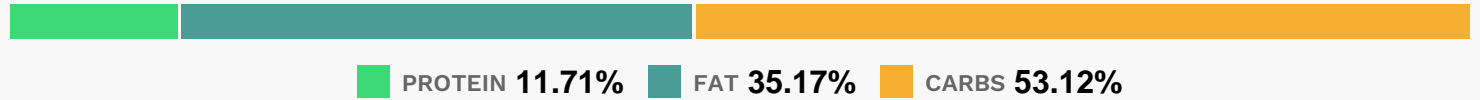
food processor

Directions

Combine first 6 ingredients in a food processor, and process until well blended. With food processor on, slowly pour oil through food chute; process until smooth.

Serve aioli with baguette.

Nutrition Facts



Properties

Glycemic Index:10.91, Glycemic Load:11.36, Inflammation Score:-2, Nutrition Score:3.9447826108207%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg

Nutrients (% of daily need)

Calories: 111.22kcal (5.56%), Fat: 4.38g (6.73%), Saturated Fat: 0.72g (4.5%), Carbohydrates: 14.87g (4.96%), Net Carbohydrates: 14.2g (5.16%), Sugar: 1.34g (1.49%), Cholesterol: 11.48mg (3.83%), Sodium: 199.75mg (8.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.28g (6.56%), Vitamin B1: 0.21mg (13.68%), Selenium: 9.04µg (12.91%), Folate: 36.59µg (9.15%), Manganese: 0.16mg (7.84%), Vitamin B2: 0.13mg (7.5%), Vitamin B3: 1.37mg (6.87%), Iron: 1.17mg (6.53%), Vitamin E: 0.58mg (3.85%), Phosphorus: 35.13mg (3.51%), Fiber: 0.67g (2.69%), Magnesium: 9.65mg (2.41%), Copper: 0.05mg (2.26%), Zinc: 0.33mg (2.18%), Vitamin K: 2.28µg (2.17%), Vitamin B6: 0.04mg (1.81%), Calcium: 17.01mg (1.7%), Vitamin B5: 0.13mg (1.31%), Potassium: 36.84mg (1.05%)