



Basil Aioli



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



76 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup canola oil
- ☐ 0.5 teaspoon mustard dry
- ☐ 0.3 cup egg substitute
- ☐ 0.8 cup basil leaves fresh packed
- ☐ 2 garlic cloves
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 2 teaspoons lemon rind grated
- ☐ 0.5 cup olive oil

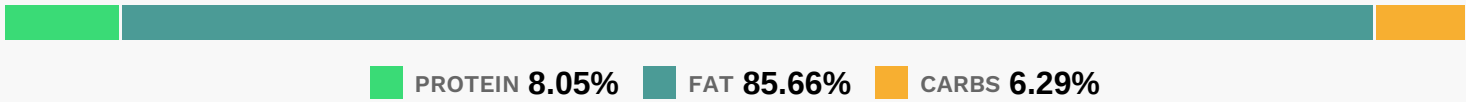
- ☐ 0.3 teaspoon pepper freshly ground
- ☐ 0.5 teaspoon salt

Equipment

Directions

- ☐ With processor running, drop garlic through food chute. Process until minced; add egg substitute and next 5 ingredients. With processor running, slowly pour oils in a fine stream through food chute. Process until thickened, stopping once to scrape down sides.
- ☐ Add basil; process until minced. Cover and chill.
- ☐ Note: Basil Aoli makes a tasty spread. Try it instead of mayonnaise on your next tomato sandwich.

Nutrition Facts



Properties

Glycemic Index:22, Glycemic Load:0.13, Inflammation Score:-2, Nutrition Score:3.0943478281083%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 75.88kcal (3.79%), Fat: 7.43g (11.44%), Saturated Fat: 0.78g (4.88%), Carbohydrates: 1.23g (0.41%), Net Carbohydrates: 1.03g (0.38%), Sugar: 0.45g (0.5%), Cholesterol: 0mg (0%), Sodium: 220.81mg (9.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.57g (3.14%), Vitamin K: 17.47µg (16.64%), Vitamin E: 1.43mg (9.51%), Selenium: 6.02µg (8.6%), Vitamin C: 3.73mg (4.52%), Vitamin A: 189.48IU (3.79%), Manganese: 0.07mg (3.39%), Vitamin B2: 0.06mg (3.34%), Vitamin B5: 0.24mg (2.45%), Iron: 0.43mg (2.39%), Vitamin B6: 0.04mg (1.96%), Calcium: 19.02mg (1.9%), Phosphorus: 14.8mg (1.48%), Vitamin B1: 0.02mg (1.47%), Potassium: 49.89mg (1.43%), Vitamin D: 0.21µg (1.42%), Folate: 5.57µg (1.39%), Magnesium: 5.33mg (1.33%), Zinc: 0.18mg (1.22%), Copper: 0.02mg (1.06%)