



Basil Aioli with Crudités



Vegetarian



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



5

CALORIES



365 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup tightly basil leaves fresh packed
- ☐ 1 garlic clove minced
- ☐ 2 teaspoons juice of lemon fresh
- ☐ 0.5 teaspoon lemon zest
- ☐ 1 cup mayonnaise
- ☐ 5 servings vegetables assorted
- ☐ 1 pinch salt

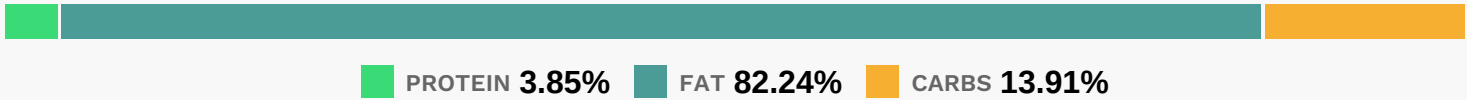
Equipment

☐ food processor

Directions

- ☐ Combine first 6 ingredients in a food processor, and process until smooth. (Will keep, covered in refrigerator, up to 2 days.)
- ☐ Serve with assorted vegetables.

Nutrition Facts



Properties

Glycemic Index:39, Glycemic Load:4.07, Inflammation Score:-10, Nutrition Score:13.048260947932%

Flavonoids

Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 364.86kcal (18.24%), Fat: 34.01g (52.32%), Saturated Fat: 5.33g (33.33%), Carbohydrates: 12.94g (4.31%), Net Carbohydrates: 9.22g (3.35%), Sugar: 0.33g (0.36%), Cholesterol: 18.82mg (6.27%), Sodium: 335.23mg (14.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.58g (7.17%), Vitamin A: 4776.97IU (95.54%), Vitamin K: 82.99µg (79.04%), Fiber: 3.72g (14.87%), Vitamin C: 11.12mg (13.47%), Manganese: 0.26mg (13.15%), Vitamin E: 1.49mg (9.95%), Vitamin B1: 0.12mg (7.87%), Folate: 30.71µg (7.68%), Phosphorus: 65.54mg (6.55%), Potassium: 213.75mg (6.11%), Magnesium: 24.12mg (6.03%), Vitamin B3: 1.17mg (5.84%), Iron: 1.05mg (5.82%), Copper: 0.1mg (5.23%), Vitamin B2: 0.09mg (5.22%), Vitamin B6: 0.1mg (5.17%), Zinc: 0.5mg (3.36%), Calcium: 32.06mg (3.21%), Vitamin B5: 0.24mg (2.37%), Selenium: 1.49µg (2.13%)