



Cilantro-Lime Aioli

 Vegetarian  Gluten Free  Dairy Free

READY IN



5 min.

SERVINGS



6

CALORIES



132 kcal

SIDE DISH

Ingredients

- 2 tablespoons cilantro leaves chopped
- 3 teaspoons juice of lime
- 1 lime zest
- 0.5 cup mayonnaise
- 6 servings sweet-potato fries

Equipment

- bowl
- whisk

Directions

Whisk together all ingredients in a small bowl and serve with Sweet-Potato Fries.

Nutrition Facts

PROTEIN 0.86% **FAT 94.08%** **CARBS 5.06%**

Properties

Glycemic Index:28.67, Glycemic Load:0.43, Inflammation Score:-2, Nutrition Score:2.2499999805637%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 5.03mg, Hesperetin: 5.03mg, Hesperetin: 5.03mg, Hesperetin: 5.03mg Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 131.8kcal (6.59%), Fat: 13.99g (21.52%), Saturated Fat: 2.19g (13.67%), Carbohydrates: 1.7g (0.57%), Net Carbohydrates: 1.34g (0.49%), Sugar: 0.38g (0.42%), Cholesterol: 7.84mg (2.61%), Sodium: 119.42mg (5.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.29g (0.57%), Vitamin K: 30.94µg (29.47%), Vitamin C: 4.06mg (4.92%), Vitamin E: 0.65mg (4.32%), Vitamin A: 169.83IU (3.4%), Fiber: 0.36g (1.43%)