



Citrus-and-Caper Aioli



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



3

CALORIES



344 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 teaspoon capers
- ☐ 2 large eggs
- ☐ 1 large garlic clove pressed
- ☐ 1 teaspoon kosher salt
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 2.3 cups olive oil
- ☐ 1 pepper flakes hot

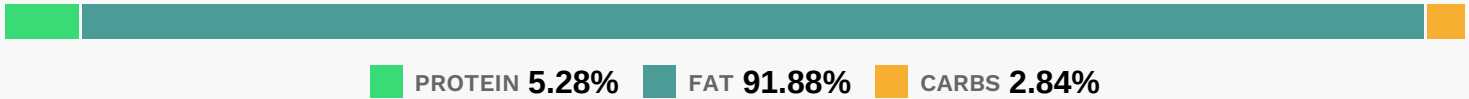
Equipment

- ☐ food processor
- ☐ blender

Directions

- ☐ Combine first 3 ingredients in a food processor or blender, and process until well blended. With processor on, slowly pour in oil; process until smooth.
- ☐ Add chile and next 3 ingredients, pulsing until well mixed. If aoli is too thick, stir in water until it reaches desired consistency.

Nutrition Facts



Properties

Glycemic Index:35.67, Glycemic Load:0.63, Inflammation Score:-4, Nutrition Score:7.8126087914342%

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: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Kaempferol: 0.88mg, Kaempferol: 0.88mg, Kaempferol: 0.88mg, Kaempferol: 0.88mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg

Nutrients (% of daily need)

Calories: 343.66kcal (17.18%), Fat: 35.67g (54.88%), Saturated Fat: 5.53g (34.56%), Carbohydrates: 2.48g (0.83%), Net Carbohydrates: 2.12g (0.77%), Sugar: 1.06g (1.18%), Cholesterol: 124mg (41.33%), Sodium: 843.24mg (36.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.61g (9.22%), Vitamin E: 5.14mg (34.24%), Vitamin C: 23.83mg (28.89%), Vitamin K: 22.43µg (21.36%), Selenium: 10.48µg (14.97%), Vitamin B2: 0.17mg (9.92%), Phosphorus: 74.97mg (7.5%), Vitamin B6: 0.15mg (7.42%), Vitamin A: 325.93IU (6.52%), Vitamin B5: 0.56mg (5.59%), Iron: 0.99mg (5.5%), Folate: 20.36µg (5.09%), Manganese: 0.1mg (4.99%), Vitamin B12: 0.3µg (4.94%), Vitamin D: 0.67µg (4.44%), Zinc: 0.49mg (3.27%), Potassium: 108.64mg (3.1%), Copper: 0.05mg (2.73%), Calcium: 25.42mg (2.54%), Magnesium: 8.81mg (2.2%), Vitamin B1: 0.03mg (1.85%), Fiber: 0.37g (1.47%), Vitamin B3: 0.23mg (1.16%)