



Citrus-Ginger Aioli



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



5

CALORIES



309 kcal

SIDE DISH

Ingredients

- ☐ 2 teaspoons ginger fresh finely grated
- ☐ 1 garlic clove minced
- ☐ 4 teaspoons juice of lime fresh
- ☐ 1 teaspoon lime zest
- ☐ 1 cup mayonnaise
- ☐ 1 tablespoon orange juice fresh
- ☐ 1 teaspoon orange zest
- ☐ 0.1 teaspoon pepper

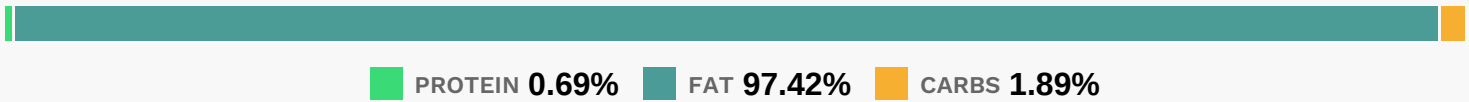
0.3 teaspoon salt

Equipment

Directions

Stir together mayonnaise, lime zest, orange zest, lime juice, orange juice, ginger, garlic, salt, and pepper.

Nutrition Facts



Properties

Glycemic Index:42.2, Glycemic Load:0.4, Inflammation Score:-1, Nutrition Score:4.3147827639528%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.94mg, Hesperetin: 0.94mg, Hesperetin: 0.94mg, Hesperetin: 0.94mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 309.34kcal (15.47%), Fat: 33.53g (51.59%), Saturated Fat: 5.25g (32.79%), Carbohydrates: 1.46g (0.49%), Net Carbohydrates: 1.34g (0.49%), Sugar: 0.64g (0.71%), Cholesterol: 18.82mg (6.27%), Sodium: 401.1mg (17.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.54g (1.07%), Vitamin K: 73.15µg (69.66%), Vitamin E: 1.48mg (9.9%), Vitamin C: 3.79mg (4.59%), Selenium: 1.14µg (1.62%), Phosphorus: 11.97mg (1.2%), Manganese: 0.02mg (1.15%)