

Classic Aioli



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



50 min.

SERVINGS



8

CALORIES



108 kcal

SIDE DISH

Ingredients

- ☐ 2 teaspoons sea salt
- ☐ 0.5 cup garlic fresh coarsely chopped at room temperature
- ☐ 2 cups olive oil extra virgin extra-virgin at room temperature

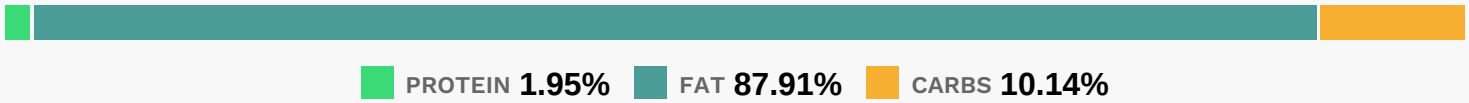
Equipment

- ☐ bowl
- ☐ blender
- ☐ mortar and pestle

Directions

- ☐ Blend 1/4 cup garlic, 1 teaspoon salt, and 2 tablespoons oil in a blender on high speed until smooth and creamy, about 2 minutes, then transfer to mortar.
- ☐ Add 3/4 cup plus 2 tablespoons oil very slowly, 1 to 2 teaspoons at a time, stirring and mashing constantly and vigorously with pestle. This will take about 15 minutes, and mixture will become very thick and glossy. (Aioli will separate if oil is added too quickly.)
- ☐ Transfer to a bowl. Make second batch with remaining ingredients.

Nutrition Facts



Properties

Glycemic Index:3.75, Glycemic Load:0.79, Inflammation Score:-1, Nutrition Score:1.954347808076%

Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 108.14kcal (5.41%), Fat: 10.84g (16.68%), Saturated Fat: 1.5g (9.36%), Carbohydrates: 2.81g (0.94%), Net Carbohydrates: 2.63g (0.96%), Sugar: 0.09g (0.09%), Cholesterol: 0mg (0%), Sodium: 583.03mg (25.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.54g (1.08%), Vitamin E: 1.56mg (10.41%), Manganese: 0.14mg (7.18%), Vitamin K: 6.65µg (6.33%), Vitamin B6: 0.11mg (5.27%), Vitamin C: 2.65mg (3.21%), Selenium: 1.21µg (1.73%), Calcium: 15.85mg (1.59%), Phosphorus: 13.01mg (1.3%), Copper: 0.03mg (1.29%), Iron: 0.21mg (1.17%), Vitamin B1: 0.02mg (1.13%)