



Classic Aioli

 Vegetarian  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



30 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 large eggs (see notes)
- 4 cloves garlic peeled
- 2 tablespoons juice of lemon
- 1 cup olive oil (see notes)
- 0.3 teaspoon salt

Equipment

- food processor
- blender

Directions

- In a blender or food processor, whirl egg, lemon juice, garlic to taste, and 1/4 teaspoon salt until well blended.
- With machine running, gradually add olive oil in a thin, steady stream until all is incorporated.
- Add more salt to taste.
- Quick Aioli: Omit the egg and oil, and use 1 cup purchased mayonnaise instead. Whirl mayonnaise with lemon juice, garlic, and salt until smooth. Makes about 1 cup.

Nutrition Facts

PROTEIN 5.89% **FAT 88.86%** **CARBS 5.25%**

Properties

Glycemic Index:1.88, Glycemic Load:0.07, Inflammation Score:-1, Nutrition Score:0.63521738949677%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg 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: 29.87kcal (1.49%), Fat: 3.01g (4.62%), Saturated Fat: 0.47g (2.95%), Carbohydrates: 0.4g (0.13%), Net Carbohydrates: 0.38g (0.14%), Sugar: 0.07g (0.07%), Cholesterol: 11.63mg (3.88%), Sodium: 40.97mg (1.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.45g (0.9%), Vitamin E: 0.43mg (2.83%), Vitamin K: 1.65µg (1.57%), Selenium: 1.07µg (1.53%), Vitamin C: 0.96mg (1.16%)