



Cracked Pepper Aioli



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



387 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon peppercorns dried green black (, , or pink)
- ☐ 0.5 teaspoon garlic minced
- ☐ 1 tablespoon juice of lemon
- ☐ 0.8 teaspoon lemon zest grated
- ☐ 0.5 cup mayonnaise

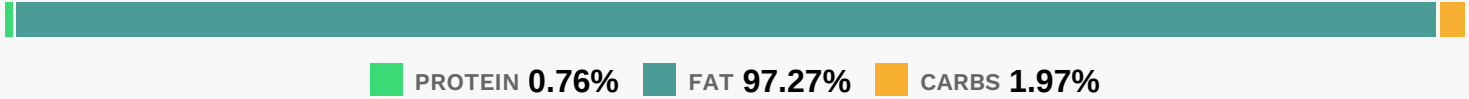
Equipment

- ☐ bowl

Directions

☐ Coarsely grind or crush 1/2 teaspoon dried peppercorns (black, green, or pink). In a bowl, mix pepper, 1/2 cup mayonnaise, 1/2 teaspoon minced garlic, 3/4 teaspoon grated lemon peel, and 1 tablespoon lemon juice. If making sauce up to 1 day ahead, cover and chill.

Nutrition Facts



Properties

Glycemic Index:56, Glycemic Load:0.37, Inflammation Score:-1, Nutrition Score:5.8173914532299%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg 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: 386.68kcal (19.33%), Fat: 41.95g (64.54%), Saturated Fat: 6.57g (41.07%), Carbohydrates: 1.91g (0.64%), Net Carbohydrates: 1.51g (0.55%), Sugar: 0.55g (0.62%), Cholesterol: 23.52mg (7.84%), Sodium: 356.07mg (15.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.74g (1.47%), Vitamin K: 93.09µg (88.66%), Vitamin E: 1.86mg (12.41%), Manganese: 0.16mg (7.88%), Vitamin C: 4.1mg (4.97%), Selenium: 1.46µg (2.09%), Fiber: 0.4g (1.58%), Phosphorus: 15.34mg (1.53%), Copper: 0.03mg (1.47%), Iron: 0.25mg (1.38%), Vitamin B5: 0.13mg (1.28%), Calcium: 12.17mg (1.22%), Folate: 4.61µg (1.15%), Vitamin B12: 0.07µg (1.12%), Vitamin B6: 0.02mg (1.09%), Potassium: 37.75mg (1.08%)