



Easy Aïoli



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



511 kcal

SIDE DISH

Ingredients

- 2 garlic clove pressed
- 2 tablespoons olive oil
- 0.3 teaspoon kosher salt ()
- 0.5 cup mayonnaise
- 1 tablespoon juice of lemon fresh

Equipment

- bowl
- whisk

Directions

- Mash garlic and 1/4 teaspoon salt in small bowl until paste forms.
- Whisk in mayonnaise, olive oil, and lemon juice. Season to taste
- with coarse salt and pepper. DO AHEAD: Can be made 1 day ahead. Cover and chill.

Nutrition Facts

PROTEIN 0.59% **FAT 97.99%** **CARBS 1.42%**

Properties

Glycemic Index:40, Glycemic Load:0.44, Inflammation Score:-1, Nutrition Score:6.4152175181586%

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 Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 510.68kcal (25.53%), Fat: 55.92g (86.03%), Saturated Fat: 8.49g (53.06%), Carbohydrates: 1.83g (0.61%), Net Carbohydrates: 1.74g (0.63%), Sugar: 0.54g (0.6%), Cholesterol: 23.52mg (7.84%), Sodium: 647.15mg (28.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.75g (1.51%), Vitamin K: 99.76µg (95.01%), Vitamin E: 3.87mg (25.78%), Vitamin C: 3.84mg (4.65%), Manganese: 0.06mg (2.79%), Selenium: 1.72µg (2.46%), Vitamin B6: 0.05mg (2.26%), Phosphorus: 16.95mg (1.7%), Iron: 0.26mg (1.42%), Vitamin B5: 0.12mg (1.24%), Vitamin B12: 0.07µg (1.12%), Folate: 4.39µg (1.1%), Calcium: 10.68mg (1.07%), Copper: 0.02mg (1.05%)