



Fresh Basil Aioli



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



259 kcal

SIDE DISH

Ingredients

- ☐ 3 tablespoons basil fresh chopped
- ☐ 1 garlic clove minced
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 1 cup mayonnaise
- ☐ 0.3 teaspoon pepper black
- ☐ 3 tablespoons wasabi

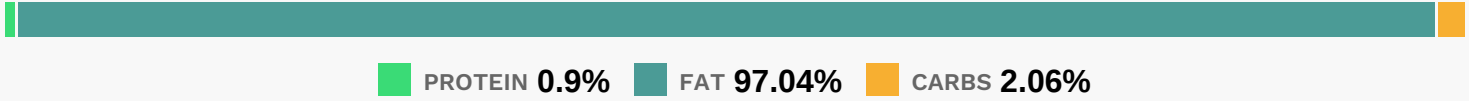
Equipment

- ☐ bowl

Directions

☐ Combine ingredients in a bowl; cover and chill.

Nutrition Facts



Properties

Glycemic Index:30.33, Glycemic Load:0.17, Inflammation Score:-1, Nutrition Score:3.9960869213809%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg 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: 258.87kcal (12.94%), Fat: 27.96g (43.02%), Saturated Fat: 4.37g (27.32%), Carbohydrates: 1.34g (0.45%), Net Carbohydrates: 1.05g (0.38%), Sugar: 0.28g (0.32%), Cholesterol: 15.68mg (5.23%), Sodium: 237.74mg (10.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.58g (1.17%), Vitamin K: 65.15µg (62.05%), Vitamin E: 1.24mg (8.25%), Vitamin C: 2.56mg (3.1%), Manganese: 0.05mg (2.26%), Vitamin A: 78.72IU (1.57%), Selenium: 0.94µg (1.34%), Phosphorus: 11.9mg (1.19%), Fiber: 0.29g (1.16%), Vitamin B6: 0.02mg (1.02%)