



Garlic Aioli

 Vegetarian  Gluten Free  Dairy Free

READY IN



5 min.

SERVINGS



5

CALORIES



105 kcal

SIDE DISH

Ingredients

- 5 servings pepper black freshly ground to taste
- 2 egg yolks (pasteurized eggs, if desired)
- 5 garlic cloves coarsely chopped
- 1 tablespoon juice of lemon fresh
- 1 cup olive oil
- 0.3 teaspoon salt
- 5 servings salt to taste
- 1 tablespoon water

Equipment

blender

Directions

Process garlic in a blender until finely chopped.

Add egg yolks and next 3 ingredients; process until smooth.

With motor running, gradually add oil in a thin, steady stream; process until thick. Season with salt and pepper.

Nutrition Facts



PROTEIN 5.09% **FAT 89.21%** **CARBS 5.7%**

Properties

Glycemic Index:12.4, Glycemic Load:0.29, Inflammation Score:-1, Nutrition Score:2.4656521833461%

Flavonoids

Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg 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: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 104.94kcal (5.25%), Fat: 10.57g (16.27%), Saturated Fat: 1.89g (11.78%), Carbohydrates: 1.52g (0.51%), Net Carbohydrates: 1.43g (0.52%), Sugar: 0.15g (0.16%), Cholesterol: 77.76mg (25.92%), Sodium: 314.4mg (13.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.36g (2.71%), Vitamin E: 1.44mg (9.59%), Selenium: 4.47µg (6.38%), Vitamin K: 5.47µg (5.21%), Manganese: 0.07mg (3.4%), Phosphorus: 33.07mg (3.31%), Vitamin B6: 0.06mg (3.2%), Folate: 11.22µg (2.8%), Vitamin D: 0.39µg (2.59%), Vitamin C: 2.1mg (2.54%), Vitamin B2: 0.04mg (2.47%), Vitamin B5: 0.24mg (2.38%), Vitamin B12: 0.14µg (2.34%), Vitamin A: 104.82IU (2.1%), Iron: 0.31mg (1.73%), Calcium: 15.71mg (1.57%), Zinc: 0.2mg (1.36%), Vitamin B1: 0.02mg (1.3%)