



Ginger Aïoli



Vegetarian



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



2

CALORIES



387 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon cilantro leaves fresh finely chopped
- ☐ 2 tablespoons ginger fresh minced
- ☐ 0.5 cup mayonnaise
- ☐ 0.5 teaspoon rice vinegar

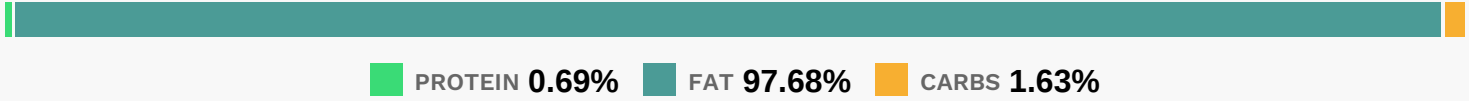
Equipment

- ☐ bowl

Directions

☐ Combine all ingredients in a small bowl.

Nutrition Facts



Properties

Glycemic Index:73.5, Glycemic Load:0.33, Inflammation Score:-1, Nutrition Score:5.1452173214892%

Flavonoids

Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 386.67kcal (19.33%), Fat: 41.94g (64.53%), Saturated Fat: 6.57g (41.04%), Carbohydrates: 1.57g (0.52%), Net Carbohydrates: 1.43g (0.52%), Sugar: 0.44g (0.49%), Cholesterol: 23.52mg (7.84%), Sodium: 356.63mg (15.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.67g (1.34%), Vitamin K: 91.91µg (87.53%), Vitamin E: 1.86mg (12.4%), Selenium: 1.35µg (1.92%), Phosphorus: 14.29mg (1.43%), Copper: 0.03mg (1.35%), Potassium: 41.32mg (1.18%), Vitamin B12: 0.07µg (1.12%), Vitamin B5: 0.11mg (1.12%), Manganese: 0.02mg (1.07%)