



Green Aioli



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



30 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 large eggs (see notes)
- ☐ 4 cloves garlic peeled
- ☐ 2 tablespoons juice of lemon
- ☐ 1 teaspoon lemon zest grated
- ☐ 0.5 cup lightly mint leaves fresh italian packed rinsed coarsely chopped
- ☐ 1 cup olive oil (see notes)
- ☐ 0.3 teaspoon salt

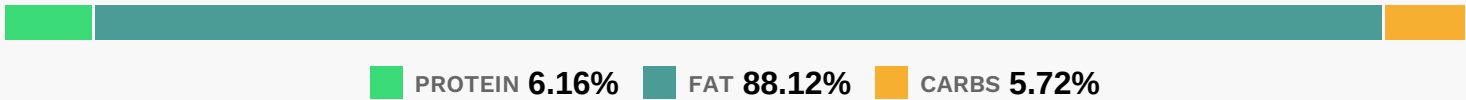
Equipment

- ☐ food processor
- ☐ blender

Directions

- ☐ In a blender or food processor, whirl egg, lemon juice, garlic to taste, salt, mint leaves, and lemon peel until well blended.
- ☐ With machine running, gradually add olive oil in a thin, steady stream until all is incorporated.
- ☐ Add more salt to taste.
- ☐ Quick Aioli: Omit the egg and oil, and use 1 cup purchased mayonnaise instead. Whirl mayonnaise with lemon juice, garlic, salt, mint leaves, and lemon peel until smooth. Makes about 1 cup.

Nutrition Facts



Properties

Glycemic Index:6.25, Glycemic Load:0.08, Inflammation Score:-1, Nutrition Score:0.88347827222036%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg 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: 30.1kcal (1.5%), Fat: 3.01g (4.63%), Saturated Fat: 0.47g (2.95%), Carbohydrates: 0.44g (0.15%), Net Carbohydrates: 0.39g (0.14%), Sugar: 0.07g (0.08%), Cholesterol: 11.63mg (3.88%), Sodium: 41.01mg (1.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.47g (0.95%), Vitamin K: 4.76µg (4.53%), Vitamin E: 0.43mg (2.88%), Selenium: 1.07µg (1.53%), Vitamin C: 1.26mg (1.52%), Vitamin A: 56.68IU (1.13%), Manganese: 0.02mg (1.12%)