

Green Garlic Aioli

 Vegetarian  Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



6

CALORIES



107 kcal

SIDE DISH

Ingredients

- 0.5 teaspoon pepper black freshly ground
- 1 teaspoon dijon mustard
- 1 large eggs
- 0.3 cup garlic white green finely chopped (from 2 medium; and parts only)
- 1 teaspoon kosher salt
- 1 tablespoon juice of lemon freshly squeezed
- 1.3 cups vegetable oil

Equipment

food processor

Directions

- Place the egg, garlic, and mustard in a food processor fitted with a blade attachment and process until evenly combined. With the processor running, slowly add the oil in a thin stream until it's completely combined, about 3 minutes.
- Add the lemon juice, salt, and pepper and pulse until the mixture is smooth.
- Serve immediately, or refrigerate in a container with a tightfitting lid for up to 4 days.

Nutrition Facts

PROTEIN 5.36% **FAT 86.42%** **CARBS 8.22%**

Properties

Glycemic Index:15.67, Glycemic Load:0.55, Inflammation Score:-1, Nutrition Score:2.7730434912702%

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 Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 107.49kcal (5.37%), Fat: 10.55g (16.23%), Saturated Fat: 1.75g (10.93%), Carbohydrates: 2.26g (0.75%), Net Carbohydrates: 2.05g (0.75%), Sugar: 0.16g (0.18%), Cholesterol: 31mg (10.33%), Sodium: 409.6mg (17.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.47g (2.94%), Vitamin K: 18.22µg (17.36%), Manganese: 0.12mg (6.16%), Vitamin E: 0.89mg (5.95%), Selenium: 3.66µg (5.23%), Vitamin B6: 0.09mg (4.33%), Vitamin C: 2.74mg (3.32%), Vitamin B2: 0.05mg (2.68%), Phosphorus: 26.53mg (2.65%), Vitamin B5: 0.17mg (1.7%), Calcium: 16.58mg (1.66%), Iron: 0.28mg (1.55%), Copper: 0.03mg (1.32%), Vitamin B12: 0.07µg (1.24%), Zinc: 0.18mg (1.22%), Folate: 4.67µg (1.17%), Potassium: 40.34mg (1.15%), Vitamin B1: 0.02mg (1.13%), Vitamin D: 0.17µg (1.11%)