



Lemon Aioli

 Vegetarian  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



5

CALORIES



312 kcal

SIDE DISH

Ingredients

- 2 teaspoons dijon mustard
- 4 small garlic clove minced
- 3 tablespoons juice of lemon fresh
- 2 teaspoons lemon zest
- 1 cup mayonnaise
- 5 servings salt and pepper to taste

Equipment

- whisk

Directions

- Whisk together mayonnaise, lemon zest, lemon juice, Dijon mustard, and minced garlic.
- Add salt and pepper to taste.

Nutrition Facts

PROTEIN 0.91% FAT 96.66% CARBS 2.43%

Properties

Glycemic Index:22.4, Glycemic Load:0.36, Inflammation Score:-1, Nutrition Score:4.6978261192208%

Flavonoids

Eriodictyol: 0.44mg, Eriodictyol: 0.44mg, Eriodictyol: 0.44mg, Eriodictyol: 0.44mg Hesperetin: 1.3mg, Hesperetin: 1.3mg, Hesperetin: 1.3mg, Hesperetin: 1.3mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 311.79kcal (15.59%), Fat: 33.61g (51.71%), Saturated Fat: 5.25g (32.83%), Carbohydrates: 1.9g (0.63%), Net Carbohydrates: 1.66g (0.6%), Sugar: 0.57g (0.63%), Cholesterol: 18.82mg (6.27%), Sodium: 500.82mg (21.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.71g (1.42%), Vitamin K: 73.09µg (69.61%), Vitamin E: 1.49mg (9.96%), Vitamin C: 5.27mg (6.39%), Selenium: 2.07µg (2.95%), Manganese: 0.05mg (2.66%), Vitamin B6: 0.04mg (2.01%), Phosphorus: 16.06mg (1.61%), Vitamin B5: 0.11mg (1.12%), Folate: 4.36µg (1.09%), Calcium: 10.92mg (1.09%), Vitamin B1: 0.02mg (1.05%), Iron: 0.18mg (1.01%)