



Lemon Aioli



Vegetarian



Gluten Free

READY IN



5 min.

SERVINGS



5

CALORIES



70 kcal

SIDE DISH

Ingredients

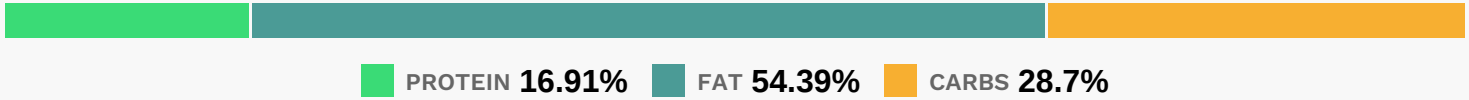
- ☐ 0.5 teaspoon pepper black
- ☐ 1 cup yogurt plain fat-free
- ☐ 2 garlic cloves minced
- ☐ 2 tablespoons juice of lemon
- ☐ 2 tablespoons lemon zest plus more for garnish
- ☐ 2 tablespoons mayonnaise
- ☐ 0.5 teaspoon sea salt

Equipment

Directions

☐ Combine all ingredients except pepper; mix well. Top with additional lemon zest and black pepper.

Nutrition Facts



Properties

Glycemic Index:22.4, Glycemic Load:0.15, Inflammation Score:-1, Nutrition Score:3.3878261327096%

Flavonoids

Eriodictyol: 0.29mg, Eriodictyol: 0.29mg, Eriodictyol: 0.29mg, Eriodictyol: 0.29mg Hesperetin: 0.87mg, Hesperetin: 0.87mg, Hesperetin: 0.87mg, Hesperetin: 0.87mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 70.26kcal (3.51%), Fat: 4.31g (6.63%), Saturated Fat: 0.72g (4.5%), Carbohydrates: 5.12g (1.71%), Net Carbohydrates: 4.77g (1.73%), Sugar: 4.06g (4.51%), Cholesterol: 3.33mg (1.11%), Sodium: 306.29mg (13.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.02g (6.03%), Calcium: 104.74mg (10.47%), Vitamin K: 9.57µg (9.12%), Phosphorus: 81.03mg (8.1%), Vitamin C: 6.23mg (7.56%), Vitamin B2: 0.12mg (7.07%), Vitamin B12: 0.31µg (5.09%), Potassium: 143.61mg (4.1%), Vitamin B5: 0.35mg (3.49%), Zinc: 0.51mg (3.4%), Selenium: 2.1µg (2.99%), Magnesium: 10.73mg (2.68%), Manganese: 0.05mg (2.49%), Vitamin B6: 0.05mg (2.44%), Vitamin B1: 0.03mg (1.97%), Folate: 7.74µg (1.94%), Fiber: 0.35g (1.39%), Vitamin E: 0.2mg (1.34%)