



Lemon Aioli



Vegetarian



Gluten Free

READY IN



130 min.

SERVINGS



8

CALORIES



289 kcal

SIDE DISH

Ingredients

- ☐ 1 garlic clove finely grated
- ☐ 0.5 cup heavy cream
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 2 teaspoons lemon zest
- ☐ 1 cup mayonnaise
- ☐ 3 tablespoons olive oil
- ☐ 0.3 teaspoon salt

Equipment

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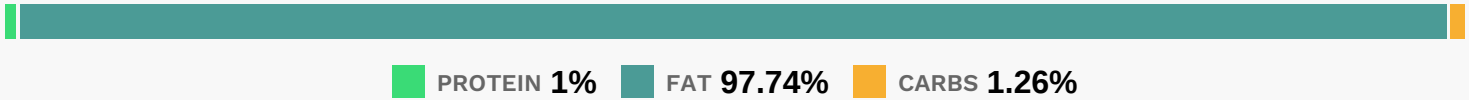
hand mixer

Directions

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Beat heavy cream at medium-high speed with an electric mixer until stiff peaks form. Beat in remaining ingredients at low speed until blended. Cover mixture, and chill 2 hours before serving. Store leftovers in an airtight container in refrigerator up to 3 days.

Nutrition Facts



Properties

Glycemic Index:10, Glycemic Load:0.11, Inflammation Score:-2, Nutrition Score:3.5391303903383%

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 Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 288.59kcal (14.43%), Fat: 31.57g (48.57%), Saturated Fat: 7.42g (46.39%), Carbohydrates: 0.92g (0.31%), Net Carbohydrates: 0.85g (0.31%), Sugar: 0.67g (0.74%), Cholesterol: 28.57mg (9.52%), Sodium: 254.71mg (11.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.73g (1.46%), Vitamin K: 49.28µg (46.94%), Vitamin E: 1.82mg (12.1%), Vitamin A: 237.26IU (4.75%), Vitamin B2: 0.03mg (2.02%), Vitamin D: 0.29µg (1.96%), Vitamin C: 1.58mg (1.91%), Selenium: 1.15µg (1.64%), Phosphorus: 15.29mg (1.53%), Calcium: 13.62mg (1.36%)