



Lemon Aioli



Vegetarian



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



10

CALORIES



116 kcal

SIDE DISH

Ingredients

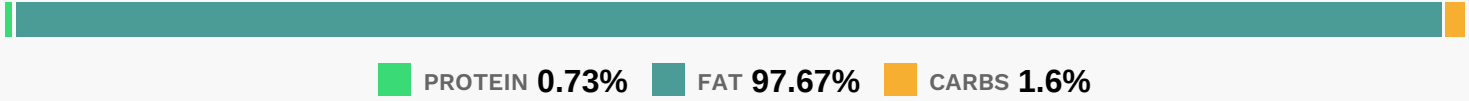
- ☐ 2 garlic cloves minced
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 1 teaspoon lemon rind grated
- ☐ 0.8 cup mayonnaise
- ☐ 0.3 teaspoon pepper
- ☐ 0.3 teaspoon salt

Equipment

Directions

Stir together 3/4 cup mayonnaise and remaining ingredients.

Nutrition Facts



Properties

Glycemic Index:11.2, Glycemic Load:0.11, Inflammation Score:-1, Nutrition Score:1.6230434858767%

Flavonoids

Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 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: 115.68kcal (5.78%), Fat: 12.58g (19.35%), Saturated Fat: 1.97g (12.3%), Carbohydrates: 0.46g (0.15%), Net Carbohydrates: 0.41g (0.15%), Sugar: 0.15g (0.16%), Cholesterol: 7.06mg (2.35%), Sodium: 164.96mg (7.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.21g (0.43%), Vitamin K: 27.48µg (26.17%), Vitamin E: 0.55mg (3.7%), Vitamin C: 1.03mg (1.24%)