



Lemon-Curry Aioli

 Vegetarian  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



2

CALORIES



391 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 teaspoons curry powder
- ☐ 1 tablespoon juice of lemon
- ☐ 1 teaspoon lemon zest grated
- ☐ 0.5 cup mayonnaise
- ☐ 0.5 teaspoon paprika
- ☐ 2 servings salt

Equipment

- ☐ bowl

Directions

☐ In a bowl, mix mayonnaise, curry powder, grated lemon peel, lemon juice, paprika, and salt to taste.

Nutrition Facts



PROTEIN 0.92% **FAT 96.61%** **CARBS 2.47%**

Properties

Glycemic Index:35, Glycemic Load:0.2, Inflammation Score:-3, Nutrition Score:6.6647826485012%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 390.83kcal (19.54%), Fat: 42.25g (65%), Saturated Fat: 6.61g (41.32%), Carbohydrates: 2.43g (0.81%), Net Carbohydrates: 1.46g (0.53%), Sugar: 0.66g (0.73%), Cholesterol: 23.52mg (7.84%), Sodium: 550.91mg (23.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.9g (1.81%), Vitamin K: 93.68µg (89.22%), Vitamin E: 2.44mg (16.24%), Vitamin A: 303.34IU (6.07%), Vitamin C: 4.43mg (5.36%), Manganese: 0.1mg (4.95%), Iron: 0.83mg (4.62%), Fiber: 0.97g (3.87%), Selenium: 1.68µg (2.39%), Vitamin B6: 0.04mg (2.17%), Phosphorus: 21.03mg (2.1%), Folate: 7.76µg (1.94%), Potassium: 62.83mg (1.79%), Magnesium: 7.14mg (1.78%), Calcium: 17.09mg (1.71%), Copper: 0.03mg (1.64%), Vitamin B2: 0.02mg (1.43%), Zinc: 0.19mg (1.29%), Vitamin B5: 0.12mg (1.22%), Vitamin B12: 0.07µg (1.12%)