



## Lemon-Herb Aioli

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



8

CALORIES



112 kcal

SIDE DISH

### Ingredients

- 0.3 cup knudsen cream sour
- 3 large basil leaves fresh finely chopped
- 4 cloves garlic minced
- 1 lemon zest
- 0.5 cup real mayo mayonnaise kraft

### Equipment

## Directions

Mix ingredients until blended.

## Nutrition Facts

**PROTEIN 1.49%** **FAT 94.84%** **CARBS 3.67%**

## Properties

Glycemic Index:18.75, Glycemic Load:0.18, Inflammation Score:-1, Nutrition Score:1.7747826414264%

## Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

## Nutrients (% of daily need)

Calories: 112.05kcal (5.6%), Fat: 11.88g (18.27%), Saturated Fat: 2.37g (14.79%), Carbohydrates: 1.03g (0.34%), Net Carbohydrates: 0.92g (0.33%), Sugar: 0.37g (0.41%), Cholesterol: 10.12mg (3.37%), Sodium: 91.43mg (3.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.42g (0.84%), Vitamin K: 23.58µg (22.45%), Vitamin E: 0.49mg (3.27%), Vitamin C: 1.53mg (1.85%), Manganese: 0.03mg (1.43%), Vitamin A: 62.3IU (1.25%), Calcium: 12.36mg (1.24%), Vitamin B6: 0.02mg (1.21%), Selenium: 0.81µg (1.15%), Phosphorus: 10.87mg (1.09%), Vitamin B2: 0.02mg (1.01%)