

Lemon Herbed Aioli



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



3

CALORIES



45 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup chicken broth low-sodium undiluted canned
- ☐ 1 tablespoon cornstarch
- ☐ 2 teaspoons dijon mustard
- ☐ 1 egg yolk beaten
- ☐ 0.3 cup basil fresh loosely packed
- ☐ 0.5 cup parsley fresh chopped
- ☐ 2 cloves garlic minced
- ☐ 0.3 teaspoon lemon zest grated

- ☐ 0.1 teaspoon pepper freshly ground
- ☐ 0.3 teaspoon salt
- ☐ 2 tablespoons water

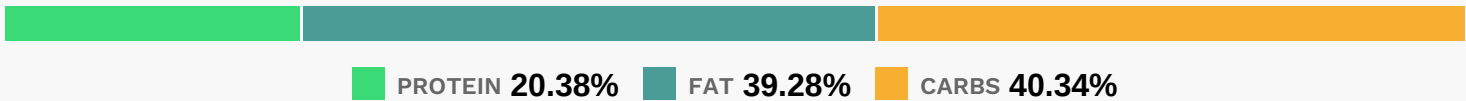
Equipment

- ☐ food processor
- ☐ bowl
- ☐ sauce pan
- ☐ knife

Directions

- ☐ Combine first 3 ingredients a small saucepan, stirring well. Cook over medium-high heat, stirring constantly, until mixture comes to a boil. Cook an additional minute or until thickened; remove from heat. Gradually stir about one-fourth of hot mixture into egg yolk; add to remaining hot mixture, stirring constantly. Cook mixture over low heat, stirring constantly, until thickened.
- ☐ Transfer mixture to a small bowl; let cool to room temperature.
- ☐ Position knife blade in food processor bowl.
- ☐ Add parsleyand basil; process until finely chopped.
- ☐ Add garlic, lemon rind, andmustard; process until smooth.
- ☐ Combine cooled broth mixture and parsley mixture in a small bowl; stir well. Stir in salt and pepper. Cover and chill thoroughly.
- ☐ Serve with fish or steamed vegetables.

Nutrition Facts



Properties

Glycemic Index:65.33, Glycemic Load:0.32, Inflammation Score:-7, Nutrition Score:8.9421739059946%

Flavonoids

Apigenin: 21.55mg, Apigenin: 21.55mg, Apigenin: 21.55mg, Apigenin: 21.55mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 1.52mg, Myricetin: 1.52mg, Myricetin: 1.52mg, Myricetin: 1.52mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 45.13kcal (2.26%), Fat: 2.05g (3.15%), Saturated Fat: 0.67g (4.18%), Carbohydrates: 4.73g (1.58%), Net Carbohydrates: 4.12g (1.5%), Sugar: 0.25g (0.28%), Cholesterol: 64.8mg (21.6%), Sodium: 251.92mg (10.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.39g (4.78%), Vitamin K: 172.56µg (164.35%), Vitamin A: 1037.51IU (20.75%), Vitamin C: 14.51mg (17.59%), Selenium: 4.87µg (6.96%), Folate: 25.65µg (6.41%), Iron: 1.04mg (5.78%), Manganese: 0.1mg (5.11%), Phosphorus: 49.28mg (4.93%), Vitamin B3: 0.72mg (3.62%), Vitamin B2: 0.06mg (3.5%), Calcium: 33.44mg (3.34%), Potassium: 116.18mg (3.32%), Vitamin B6: 0.06mg (3.23%), Copper: 0.06mg (3%), Vitamin B12: 0.16µg (2.61%), Vitamin B5: 0.25mg (2.47%), Fiber: 0.61g (2.44%), Magnesium: 9.43mg (2.36%), Zinc: 0.35mg (2.33%), Vitamin D: 0.32µg (2.16%), Vitamin B1: 0.03mg (2.02%), Vitamin E: 0.26mg (1.74%)