

Lemon Soy Aioli

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



14

CALORIES



28 kcal

SIDE DISH

Ingredients

- 2 garlic clove peeled
- 3 tablespoons juice of lemon fresh
- 1.5 tablespoons olive oil
- 0.8 teaspoon sea salt
- 8 ounces spicy tofu soft drained
- 2 cups water

Equipment

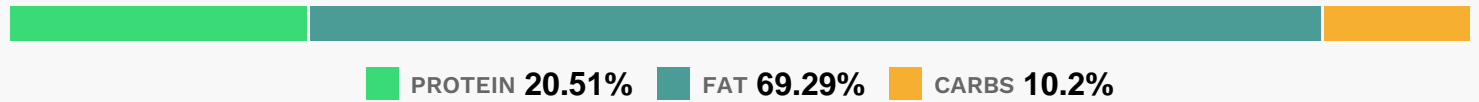
- food processor

- paper towels
- sauce pan
- blender

Directions

- Bring 2 cups water to a boil in a small saucepan.
- Add garlic, and cook 10 minutes.
- Drain.
- Place tofu on several layers of paper towels; cover with additional paper towels.
- Let stand 10 minutes.
- Combine garlic, tofu, and remaining ingredients in a blender or food processor; process until smooth.
- Serve with fresh vegetables.

Nutrition Facts



Properties

Glycemic Index:3.21, Glycemic Load:0.08, Inflammation Score:-1, Nutrition Score:0.43869565403008%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.47mg, Hesperetin: 0.47mg, Hesperetin: 0.47mg, Hesperetin: 0.47mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 28.21kcal (1.41%), Fat: 2.22g (3.42%), Saturated Fat: 0.29g (1.81%), Carbohydrates: 0.74g (0.25%), Net Carbohydrates: 0.59g (0.21%), Sugar: 0.13g (0.15%), Cholesterol: 0mg (0%), Sodium: 127.05mg (5.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.48g (2.96%), Calcium: 22.32mg (2.23%), Vitamin C: 1.38mg (1.67%), Vitamin E: 0.22mg (1.47%), Iron: 0.21mg (1.19%)