



Lemon-Tarragon Aioli



Vegetarian



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



10

CALORIES



122 kcal

SIDE DISH

Ingredients

- ☐ 1.5 teaspoons dijon mustard
- ☐ 2 tablespoons tarragon fresh chopped
- ☐ 1 teaspoon garlic fresh minced
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 0.8 cup mayonnaise
- ☐ 1 shallots chopped

Equipment

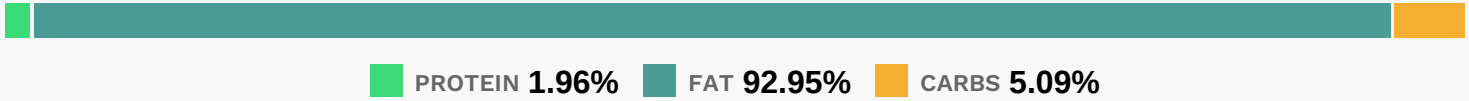
- ☐ bowl

blender

Directions

Process all ingredients in a blender until smooth; transfer to a small bowl. Cover and chill at least 30 minutes or up to 3 days.

Nutrition Facts



Properties

Glycemic Index:21.2, Glycemic Load:0.6, Inflammation Score:-1, Nutrition Score:2.6443478439165%

Flavonoids

Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg 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, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 121.73kcal (6.09%), Fat: 12.7g (19.55%), Saturated Fat: 2g (12.47%), Carbohydrates: 1.56g (0.52%), Net Carbohydrates: 1.33g (0.48%), Sugar: 0.38g (0.42%), Cholesterol: 7.06mg (2.35%), Sodium: 116.18mg (5.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.6g (1.21%), Vitamin K: 27.42µg (26.11%), Manganese: 0.13mg (6.43%), Vitamin E: 0.56mg (3.73%), Iron: 0.54mg (2.98%), Vitamin C: 2.16mg (2.62%), Vitamin B6: 0.05mg (2.47%), Calcium: 19.41mg (1.94%), Potassium: 59.41mg (1.7%), Folate: 6.19µg (1.55%), Magnesium: 6.17mg (1.54%), Vitamin A: 70.56IU (1.41%), Vitamin B2: 0.02mg (1.39%), Selenium: 0.78µg (1.11%), Phosphorus: 10.92mg (1.09%)