



Lime Aïoli



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



160 kcal

SIDE DISH

Ingredients

- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 2 large egg yolks
- ☐ 3 garlic cloves
- ☐ 1 tablespoon juice of lime fresh
- ☐ 1 teaspoon lime rind grated
- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup vegetable oil
- ☐ 1 tablespoon water

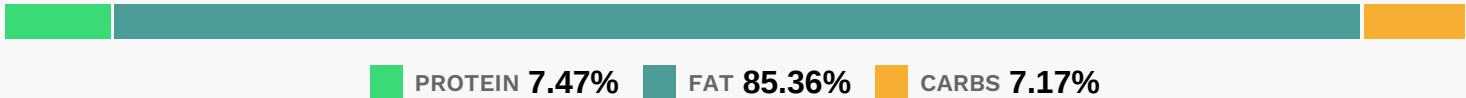
Equipment

☐ food processor

Directions

- ☐ Process garlic in food processor until minced.
- ☐ Add yolks and next 4 ingredients; process until smooth. With processor running, pour oil through food chute in a slow, steady stream, and process until blended.
- ☐ Add water to thin, if necessary.

Nutrition Facts



Properties

Glycemic Index:47, Glycemic Load:0.46, Inflammation Score:-2, Nutrition Score:5.1108695631442%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 160.29kcal (8.01%), Fat: 15.44g (23.75%), Saturated Fat: 3.29g (20.58%), Carbohydrates: 2.92g (0.97%), Net Carbohydrates: 2.73g (0.99%), Sugar: 0.28g (0.32%), Cholesterol: 183.6mg (61.2%), Sodium: 300.18mg (13.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.04g (6.08%), Vitamin K: 20.5µg (19.52%), Selenium: 10.18µg (14.54%), Vitamin E: 1.35mg (9.03%), Phosphorus: 74.61mg (7.46%), Folate: 25.81µg (6.45%), Vitamin D: 0.92µg (6.12%), Vitamin B6: 0.12mg (5.95%), Vitamin B2: 0.1mg (5.66%), Vitamin B12: 0.33µg (5.52%), Vitamin B5: 0.55mg (5.48%), Manganese: 0.1mg (5.14%), Vitamin A: 250.48IU (5.01%), Vitamin C: 3.94mg (4.78%), Calcium: 32.41mg (3.24%), Iron: 0.57mg (3.17%), Zinc: 0.45mg (3.02%), Vitamin B1: 0.04mg (2.75%), Copper: 0.03mg (1.62%), Potassium: 48.09mg (1.37%)