



Lime-and-Caper Aioli

 Vegetarian  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



274 kcal

SIDE DISH

Ingredients

- 2 tablespoons balsamic vinegar
- 2 tablespoons capers
- 2 tablespoons cilantro leaves fresh chopped
- 2 garlic bulbs
- 0.5 teaspoon ground pepper white
- 0.3 teaspoon hot sauce
- 2 tablespoons juice of lime fresh
- 1 teaspoon lime rind grated

- 1 cup mayonnaise
- 2 teaspoons olive oil
- 0.5 teaspoon salt

Equipment

- oven
- aluminum foil

Directions

- Cut off pointed end of each garlic bulb.
- Place bulbs on a piece of aluminum foil, and drizzle with oil. Fold foil to seal.
- Bake at 425 for 45 minutes; cool. Squeeze pulp from garlic cloves; mash.
- Stir together garlic, mayonnaise, and remaining ingredients; chill.

Nutrition Facts

PROTEIN 0.81% **FAT 96.04%** **CARBS 3.15%**

Properties

Glycemic Index:32.33, Glycemic Load:0.66, Inflammation Score:-1, Nutrition Score:3.8643478692874%

Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.59mg, Hesperetin: 0.59mg, Hesperetin: 0.59mg, Hesperetin: 0.59mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 3.51mg, Kaempferol: 3.51mg, Kaempferol: 3.51mg, Kaempferol: 3.51mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.72mg, Quercetin: 4.72mg, Quercetin: 4.72mg, Quercetin: 4.72mg

Nutrients (% of daily need)

Calories: 274.34kcal (13.72%), Fat: 29.3g (45.07%), Saturated Fat: 4.56g (28.5%), Carbohydrates: 2.16g (0.72%), Net Carbohydrates: 1.98g (0.72%), Sugar: 1.12g (1.25%), Cholesterol: 15.68mg (5.23%), Sodium: 510.7mg (22.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.56g (1.11%), Vitamin K: 62.78µg (59.79%), Vitamin E: 1.46mg (9.71%), Vitamin C: 2.22mg (2.69%), Manganese: 0.04mg (1.88%), Selenium: 1.05µg (1.49%), Copper: 0.03mg (1.25%), Iron: 0.22mg (1.23%), Phosphorus: 11.79mg (1.18%)