

Middle Eastern Garlic Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free



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READY IN

ready

25 min.

SERVINGS

servings

10

CALORIES

calories

66 kcal

SAUCE

Ingredients



0.5 cup canola oil



1 head garlic crushed peeled



0.3 cup juice of lemon



3 small russet potatoes peeled



1.5 teaspoons salt

Equipment



food processor



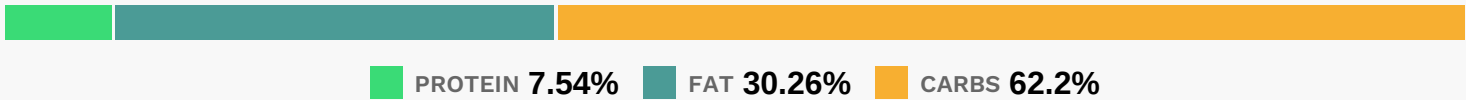
bowl

- ☐ pot
- ☐ blender

Directions

- ☐ Place potatoes into a large pot and cover with salted water; bring to a boil. Reduce heat to medium-low and simmer until tender, 15 to 20 minutes.
- ☐ Drain and transfer to a bowl; mash until smooth. Set aside to cool.
- ☐ Put garlic, salt, and lemon juice in a blender or food processor; pour in enough olive oil to lightly coat garlic cloves. Blend mixture on high; slowly stream remaining olive oil through the top opening of the blender or food processor until mixture is smooth.
- ☐ Add mashed potatoes, about 2 to 3 tablespoons at a time, to the garlic mixture while blender is still running. Continue adding potatoes until all are incorporated.
- ☐ Transfer sauce to a bowl and refrigerate until chilled, 1 hour to overnight.

Nutrition Facts



Properties

Glycemic Index:11.48, Glycemic Load:7.51, Inflammation Score:-1, Nutrition Score:2.9330434655852%

Flavonoids

Eriodictyol: 0.4mg, Eriodictyol: 0.4mg, Eriodictyol: 0.4mg, Eriodictyol: 0.4mg Hesperetin: 1.18mg, Hesperetin: 1.18mg, Hesperetin: 1.18mg, Hesperetin: 1.18mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 66.05kcal (3.3%), Fat: 2.31g (3.56%), Saturated Fat: 0.18g (1.15%), Carbohydrates: 10.7g (3.57%), Net Carbohydrates: 9.96g (3.62%), Sugar: 0.55g (0.61%), Cholesterol: 0mg (0%), Sodium: 351.93mg (15.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.3g (2.6%), Vitamin B6: 0.21mg (10.72%), Vitamin C: 6.93mg (8.4%), Potassium: 232.35mg (6.64%), Manganese: 0.13mg (6.44%), Phosphorus: 32.98mg (3.3%), Vitamin B1: 0.05mg (3.29%), Magnesium: 12.93mg (3.23%), Copper: 0.06mg (3.12%), Fiber: 0.75g (2.98%), Vitamin B3: 0.55mg (2.77%), Iron: 0.5mg (2.75%), Vitamin E: 0.41mg (2.74%), Vitamin K: 2.56µg (2.44%), Folate: 8.85µg (2.21%), Vitamin B5: 0.18mg (1.81%), Zinc: 0.19mg (1.24%), Calcium: 12.4mg (1.24%), Vitamin B2: 0.02mg (1.24%)