



Mint Aioli

 Vegetarian  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



5

CALORIES



312 kcal

SIDE DISH

Ingredients

- 0.3 cup mint leaves fresh coarsely chopped
- 4 garlic cloves minced
- 2 tablespoons juice of lemon fresh
- 1 teaspoon lemon rind grated
- 1 cup mayonnaise
- 0.5 teaspoon pepper
- 0.5 teaspoon salt

Equipment

food processor

blender

Directions

Process all ingredients in a blender or food processor until smooth, stopping to scrape down sides.

Nutrition Facts

PROTEIN 0.91% **FAT 96.54%** **CARBS 2.55%**

Properties

Glycemic Index:22.4, Glycemic Load:0.38, Inflammation Score:-2, Nutrition Score:4.916956593161%

Flavonoids

Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 311.8kcal (15.59%), Fat: 33.57g (51.64%), Saturated Fat: 5.25g (32.84%), Carbohydrates: 1.99g (0.66%), Net Carbohydrates: 1.65g (0.6%), Sugar: 0.45g (0.5%), Cholesterol: 18.82mg (6.27%), Sodium: 518.26mg (22.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.71g (1.43%), Vitamin K: 73.39µg (69.9%), Vitamin E: 1.48mg (9.89%), Vitamin C: 4.3mg (5.21%), Manganese: 0.1mg (4.83%), Vitamin A: 126.57IU (2.53%), Vitamin B6: 0.04mg (2.01%), Selenium: 1.39µg (1.99%), Phosphorus: 15.57mg (1.56%), Iron: 0.28mg (1.55%), Folate: 6.16µg (1.54%), Calcium: 15.32mg (1.53%), Fiber: 0.34g (1.37%), Copper: 0.03mg (1.36%), Potassium: 40.91mg (1.17%), Vitamin B5: 0.11mg (1.11%), Vitamin B2: 0.02mg (1.1%)