



Mint Aioli

 Vegetarian  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



393 kcal

SIDE DISH

Ingredients

- 2 tablespoons mint leaves fresh finely chopped
- 1 tablespoon garlic minced
- 0.5 cup mayonnaise
- 2 servings salt to taste
- 5.5 teaspoons citrus champagne vinegar

Equipment

- bowl

Directions

- In a small bowl, mix 1/2 cup mayonnaise, 2 tablespoons finely chopped fresh mint leaves, 1 tablespoon minced garlic, and 1 1/2 teaspoons white wine vinegar.
- Add salt to taste. If making up to 1 day ahead, cover and chill.

Nutrition Facts

PROTEIN 1.01% **FAT 96.51%** **CARBS 2.48%**

Properties

Glycemic Index:40, Glycemic Load:0.53, Inflammation Score:-3, Nutrition Score:6.3104348104933%

Flavonoids

Eriodictyol: 1.55mg, Eriodictyol: 1.55mg, Eriodictyol: 1.55mg, Eriodictyol: 1.55mg Hesperetin: 0.51mg, Hesperetin: 0.51mg, Hesperetin: 0.51mg, Hesperetin: 0.51mg Apigenin: 0.27mg, Apigenin: 0.27mg, Apigenin: 0.27mg, Apigenin: 0.27mg Luteolin: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.63mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 392.87kcal (19.64%), Fat: 41.96g (64.55%), Saturated Fat: 6.57g (41.05%), Carbohydrates: 2.42g (0.81%), Net Carbohydrates: 1.94g (0.71%), Sugar: 0.36g (0.4%), Cholesterol: 23.52mg (7.84%), Sodium: 552.72mg (24.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.99g (1.97%), Vitamin K: 91.35µg (87%), Vitamin E: 1.84mg (12.27%), Manganese: 0.14mg (6.82%), Vitamin A: 249.16IU (4.98%), Vitamin C: 2.91mg (3.52%), Vitamin B6: 0.06mg (3.03%), Iron: 0.5mg (2.8%), Selenium: 1.86µg (2.65%), Calcium: 24.82mg (2.48%), Phosphorus: 22.63mg (2.26%), Folate: 8.62µg (2.15%), Copper: 0.04mg (2.03%), Fiber: 0.48g (1.94%), Potassium: 61.09mg (1.75%), Vitamin B2: 0.03mg (1.67%), Magnesium: 6.11mg (1.53%), Vitamin B5: 0.14mg (1.37%), Zinc: 0.19mg (1.27%), Vitamin B1: 0.02mg (1.18%), Vitamin B12: 0.07µg (1.12%)