



Orange-Saffron Aïoli



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



7

CALORIES



106 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup egg substitute
- ☐ 1 large garlic clove
- ☐ 0.5 cup olive oil extra-virgin
- ☐ 0.3 cup orange juice concentrate
- ☐ 1 cup vegetable oil; peanut oil preferred
- ☐ 2 tablespoons red wine vinegar
- ☐ 0.5 teaspoon saffron threads
- ☐ 0.3 teaspoon salt

☐ 1.5 teaspoons sugar

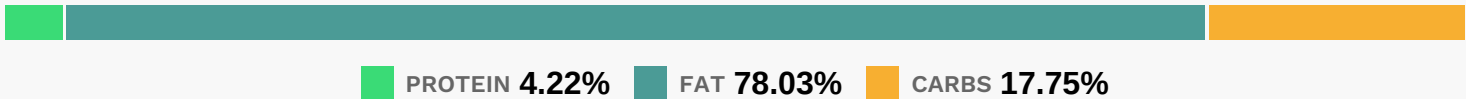
Equipment

☐ food processor

Directions

- ☐ With food processor running, drop garlic through chute; process until minced.
- ☐ Add juice concentrate and next 5 ingredients. With processor running, add oils in a slow, steady stream, blending until thickened. Cover and chill 2 hours.
- ☐ Serve with steamed shellfish.

Nutrition Facts



Properties

Glycemic Index:24.3, Glycemic Load:0.64, Inflammation Score:-2, Nutrition Score:2.6634782371314%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 105.73kcal (5.29%), Fat: 9.29g (14.29%), Saturated Fat: 1.48g (9.22%), Carbohydrates: 4.75g (1.58%), Net Carbohydrates: 4.64g (1.69%), Sugar: 4.04g (4.49%), Cholesterol: 0mg (0%), Sodium: 101.32mg (4.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.13g (2.26%), Vitamin C: 14.91mg (18.07%), Vitamin E: 1.61mg (10.74%), Selenium: 3.65µg (5.21%), Vitamin B2: 0.05mg (3.03%), Vitamin B1: 0.04mg (2.6%), Potassium: 85.63mg (2.45%), Folate: 9.2µg (2.3%), Vitamin B6: 0.04mg (2.16%), Vitamin B5: 0.2mg (2.02%), Vitamin K: 1.97µg (1.87%), Iron: 0.25mg (1.39%), Phosphorus: 13.38mg (1.34%), Magnesium: 5.14mg (1.28%), Vitamin A: 57.8IU (1.16%), Calcium: 11.24mg (1.12%)