



Parsley Aioli



Vegetarian



Gluten Free

READY IN



4 min.

SERVINGS



48

CALORIES



2 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 1 teaspoon dijon mustard
- ☐ 0.3 cup mayonnaise fat-free
- ☐ 1 cup parsley leaves fresh
- ☐ 1 garlic clove crushed
- ☐ 1 teaspoon olive oil extra-virgin

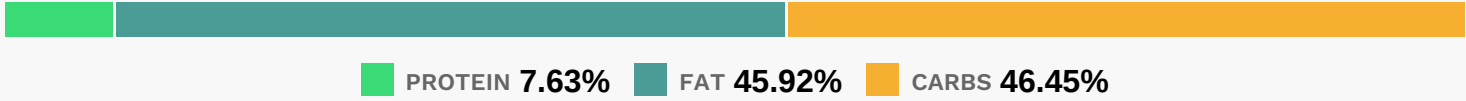
Equipment

- ☐ food processor

Directions

☐ Place all ingredients in a food processor; process until blended.

Nutrition Facts



Properties

Glycemic Index:2.63, Glycemic Load:0.02, Inflammation Score:-1, Nutrition Score:1.1756522054582%

Flavonoids

Apigenin: 2.69mg, Apigenin: 2.69mg, Apigenin: 2.69mg, Apigenin: 2.69mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg

Nutrients (% of daily need)

Calories: 2.37kcal (0.12%), Fat: 0.13g (0.2%), Saturated Fat: 0.02g (0.13%), Carbohydrates: 0.3g (0.1%), Net Carbohydrates: 0.22g (0.08%), Sugar: 0.14g (0.15%), Cholesterol: 0.11mg (0.04%), Sodium: 11.34mg (0.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.05g (0.1%), Vitamin K: 20.86µg (19.87%), Vitamin A: 105.41IU (2.11%), Vitamin C: 1.68mg (2.04%)