



Quick Aïoli with Egg



Vegetarian



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



8

CALORIES



126 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup garlic fresh coarsely chopped at room temperature
- ☐ 2 teaspoons sea salt
- ☐ 2 cups olive oil extra virgin extra-virgin at room temperature
- ☐ 2 large eggs whole at room temperature

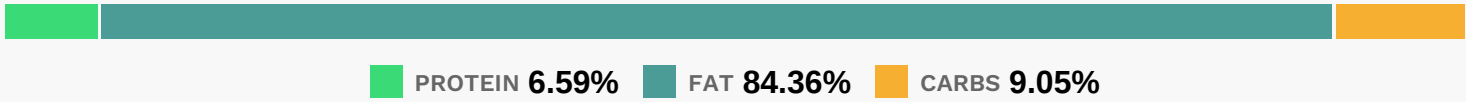
Equipment

- ☐ bowl
- ☐ blender

Directions

- ☐ Blend 1/4 cup garlic, 1 teaspoon salt, and 2 tablespoons oil in a blender at high speed until smooth and creamy.
- ☐ Add 1 egg or 2 yolks and, with motor running, very slowly add 3/4 cup plus 2 tablespoons oil in a thin, steady stream until aioli is thick. This will take about 2 minutes.
- ☐ Transfer to a bowl. Make second batch with remaining ingredients.
- ☐ •The eggs will not be cooked in this recipe, which may be of concern if there is a problem with salmonella in your area. •Aioli with egg may be made 2 days ahead and chilled, covered.

Nutrition Facts



Properties

Glycemic Index:3.75, Glycemic Load:0.79, Inflammation Score:-1, Nutrition Score:3.1021739231504%

Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 126.01kcal (6.3%), Fat: 12.03g (18.51%), Saturated Fat: 1.89g (11.81%), Carbohydrates: 2.9g (0.97%), Net Carbohydrates: 2.72g (0.99%), Sugar: 0.13g (0.15%), Cholesterol: 46.5mg (15.5%), Sodium: 600.78mg (26.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.12g (4.23%), Vitamin E: 1.69mg (11.29%), Manganese: 0.15mg (7.36%), Selenium: 5.05µg (7.21%), Vitamin K: 6.68µg (6.37%), Vitamin B6: 0.13mg (6.33%), Vitamin B2: 0.07mg (3.91%), Phosphorus: 37.76mg (3.78%), Vitamin C: 2.65mg (3.21%), Vitamin B5: 0.24mg (2.42%), Iron: 0.43mg (2.38%), Calcium: 22.85mg (2.29%), Vitamin B12: 0.11µg (1.85%), Zinc: 0.26mg (1.74%), Copper: 0.03mg (1.74%), Vitamin D: 0.25µg (1.67%), Folate: 6.13µg (1.53%), Vitamin B1: 0.02mg (1.47%), Potassium: 51.56mg (1.47%), Vitamin A: 68.26IU (1.37%)