

Red-Pepper Aioli



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



16

CALORIES



9 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 teaspoon pepper red crushed
- ☐ 0.5 cup mayonnaise fat-free
- ☐ 3 garlic cloves peeled
- ☐ 7 ounce roasted bell peppers red drained
- ☐ 0.5 teaspoon salt

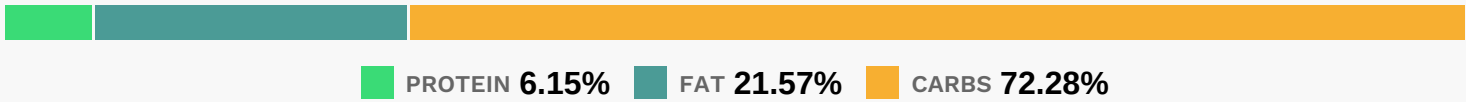
Equipment

- ☐ food processor

Directions

- ☐ Drop garlic through food chute with food processor on. Process until finely minced.
- ☐ Add the remaining ingredients, and process until well-combined.

Nutrition Facts



Properties

Glycemic Index:1.88, Glycemic Load:0.05, Inflammation Score:-1, Nutrition Score:0.89913043088239%

Flavonoids

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: 9.22kcal (0.46%), Fat: 0.24g (0.37%), Saturated Fat: 0.05g (0.31%), Carbohydrates: 1.8g (0.6%), Net Carbohydrates: 1.5g (0.54%), Sugar: 0.75g (0.83%), Cholesterol: 0.65mg (0.22%), Sodium: 299.96mg (13.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.15g (0.31%), Vitamin C: 5.94mg (7.2%), Vitamin K: 1.83µg (1.74%), Manganese: 0.03mg (1.58%), Vitamin B6: 0.03mg (1.49%), Vitamin A: 73.81IU (1.48%), Fiber: 0.31g (1.23%)