



Red-pepper Pine Nut Aioli



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



119 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup canola oil
- ☐ 1 large eggs (see Notes)
- ☐ 2 garlic cloves minced
- ☐ 1 teaspoon kosher salt
- ☐ 2 teaspoons juice of lemon
- ☐ 0.5 cup mild olive oil
- ☐ 0.3 cup pinenuts toasted
- ☐ 0.5 cup roasted peppers red chopped

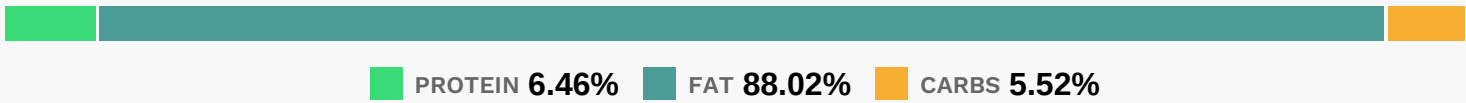
Equipment

- ☐ food processor
- ☐ bowl
- ☐ plastic wrap

Directions

- ☐ Whirl red peppers and pine nuts in a food processor until smooth.
- ☐ Scrape into a medium bowl and set aside. Mash garlic with salt to a paste and add to processor with egg and lemon juice; whirl until smooth.
- ☐ Drizzle in canola and olive oils, drop by drop at first and then in a slow stream once mixture has begun to emulsify. Whirl until mixture is thick.
- ☐ Add to red-pepper mixture and fold in until thoroughly combined. Keep chilled, covered with plastic wrap, for up to 4 days.

Nutrition Facts



Properties

Glycemic Index:5, Glycemic Load:0.09, Inflammation Score:-2, Nutrition Score:4.4034783166388%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 118.56kcal (5.93%), Fat: 12.02g (18.49%), Saturated Fat: 1.31g (8.22%), Carbohydrates: 1.7g (0.57%), Net Carbohydrates: 1.32g (0.48%), Sugar: 0.28g (0.32%), Cholesterol: 31mg (10.33%), Sodium: 559.5mg (24.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.98g (3.97%), Manganese: 0.53mg (26.7%), Vitamin E: 1.79mg (11.92%), Vitamin C: 6.43mg (7.79%), Vitamin K: 7.9µg (7.53%), Phosphorus: 52.84mg (5.28%), Copper: 0.1mg (4.95%), Magnesium: 16.76mg (4.19%), Selenium: 2.78µg (3.97%), Zinc: 0.5mg (3.36%), Iron: 0.59mg (3.29%), Vitamin B2: 0.06mg (3.28%), Vitamin B6: 0.05mg (2.67%), Vitamin A: 107.49IU (2.15%), Folate: 8.06µg (2.01%),

Vitamin B1: 0.03mg (1.94%), Potassium: 67.96mg (1.94%), Vitamin B3: 0.33mg (1.63%), Vitamin B5: 0.16mg (1.58%),
Fiber: 0.37g (1.5%), Calcium: 12.54mg (1.25%), Vitamin B12: 0.07µg (1.24%), Vitamin D: 0.17µg (1.11%)