



## Richard Blais's Aioli



Vegetarian



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



102 kcal

SIDE DISH

### Ingredients

- 1 teaspoon apple cider vinegar
- 1 tablespoon dijon mustard
- 1 large eggs
- 4 garlic clove finely minced
- 3 juice of lemon
- 2 teaspoons kosher salt
- 0.8 cup olive oil extra virgin extra-virgin
- 0.5 teaspoon pepper white freshly ground

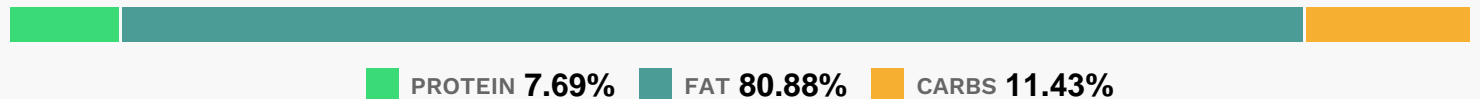
## Equipment

- bowl
- sauce pan
- blender
- slotted spoon

## Directions

- Fill a small saucepan with 3 inches of water and bring to a boil over medium heat. With a slotted spoon, lower the egg into the water and boil for 6 minutes.
- Remove the egg and put it in a small bowl of cold water until cool enough to handle. Peel the egg.
- Put the egg, garlic, lemon juice, Dijon, vinegar, salt, and white pepper into a blender and puree on low speed. With the blender running, add the oil in a steady, slow stream, blending until emulsified and thickened.
- Add the hot sauce, if using, and blend on high speed for about 1 minute.
- Transfer to an airtight container and store in the refrigerator for up to 3 days.

## Nutrition Facts



## Properties

Glycemic Index:25.5, Glycemic Load:0.3, Inflammation Score:-1, Nutrition Score:3.1660869743513%

## Flavonoids

Eriodictyol: 1.1mg, Eriodictyol: 1.1mg, Eriodictyol: 1.1mg, Eriodictyol: 1.1mg Hesperetin: 3.26mg, Hesperetin: 3.26mg, Hesperetin: 3.26mg, Hesperetin: 3.26mg Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

## Nutrients (% of daily need)

Calories: 102.19kcal (5.11%), Fat: 9.49g (14.6%), Saturated Fat: 1.53g (9.57%), Carbohydrates: 3.02g (1.01%), Net Carbohydrates: 2.66g (0.97%), Sugar: 0.7g (0.78%), Cholesterol: 46.5mg (15.5%), Sodium: 1222.71mg (53.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.03g (4.06%), Vitamin C: 9.71mg (11.77%), Vitamin E: 1.35mg (8.98%), Selenium: 5.57µg (7.96%), Vitamin K: 5.02µg (4.78%), Manganese: 0.09mg (4.44%), Vitamin B2: 0.07mg (3.92%), Vitamin B6: 0.07mg (3.58%), Phosphorus: 35.73mg (3.57%), Folate: 10.75µg (2.69%), Vitamin B5: 0.25mg (2.5%), Iron: 0.44mg (2.45%), Vitamin B12: 0.11µg (1.85%), Calcium: 17.69mg (1.77%), Potassium: 59.5mg (1.7%), Vitamin D: 0.25µg (1.67%), Zinc: 0.24mg (1.58%), Vitamin B1: 0.02mg (1.57%), Vitamin A: 71.78IU (1.44%), Magnesium: 5.72mg (1.43%), Fiber: 0.36g (1.43%), Copper: 0.03mg (1.38%)