



Roasted Garlic Aioli

 Vegetarian  Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



15

CALORIES



74 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 tablespoon dijon mustard
- 0.3 cup pasteurized eggs
- 1 garlic bulb
- 3 juice of lemon
- 6 ounce marinated artichoke hearts ()
- 0.3 cup olive oil
- 1 tablespoon olive oil
- 15 servings pepper freshly ground to taste

- 0.5 cup safflower oil
- 15 servings sea salt to taste

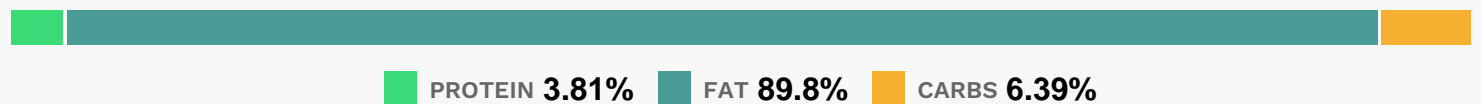
Equipment

- food processor
- oven
- blender
- aluminum foil

Directions

- Preheat oven to 40
- Cut off pointed end of garlic; place garlic on a piece of foil, and drizzle with 1 tablespoon oil. Wrap tightly, and roast at 400 for about 45 minutes or until soft.
- Remove from oven, and let cool; squeeze pulp from garlic cloves.
- Place roasted garlic in a blender or food processor with egg and next 5 ingredients, and process, adding canola oil and 1/4 cup olive oil in a slow, steady stream, until mixture thickens. Refrigerate in an airtight container up to 4 days.
- Quick Tip: Use about 1 cup of good-quality mayonnaise in place of eggs and oil.

Nutrition Facts



Properties

Glycemic Index:6.27, Glycemic Load:0.03, Inflammation Score:-1, Nutrition Score:1.4604347885951%

Flavonoids

Eriodictyol: 0.29mg, Eriodictyol: 0.29mg, Eriodictyol: 0.29mg, Eriodictyol: 0.29mg Hesperetin: 0.87mg, Hesperetin: 0.87mg, Hesperetin: 0.87mg, Hesperetin: 0.87mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 73.67kcal (3.68%), Fat: 7.44g (11.45%), Saturated Fat: 0.98g (6.14%), Carbohydrates: 1.19g (0.4%), Net Carbohydrates: 0.88g (0.32%), Sugar: 0.3g (0.33%), Cholesterol: 15.07mg (5.02%), Sodium: 253.84mg (11.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.71g (1.42%), Vitamin E: 1.2mg (8.03%), Vitamin C: 4.77mg (5.78%), Vitamin K: 3.03µg (2.88%), Vitamin A: 136.9IU (2.74%), Selenium: 1.62µg (2.32%), Fiber: 0.32g (1.27%), Vitamin B2: 0.02mg (1.2%), Iron: 0.21mg (1.19%), Manganese: 0.02mg (1.13%)