



Roasted Garlic-Balsamic Aioli

 Vegetarian  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



59 kcal

SIDE DISH

Ingredients

- 1 teaspoon balsamic vinegar
- 1 garlic head (do not peel cloves)
- 1 Dash kosher salt
- 2 tablespoons canola mayonnaise
- 1 teaspoon oil

Equipment

- bowl
- oven

aluminum foil

Directions

Remove papery skin from garlic head.

Drizzle oil over garlic; wrap in foil.

Bake at 375 for 45 minutes. Cool 10 minutes. Separate cloves; squeeze into a bowl. Discard skins. Mash garlic. Stir in canola mayonnaise, balsamic vinegar, and a dash of kosher salt.

Nutrition Facts

 **PROTEIN 0.83%**  **FAT 95.76%**  **CARBS 3.41%**

Properties

Glycemic Index:32.5, Glycemic Load:0.2, Inflammation Score:-1, Nutrition Score:0.80043480456199%

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: 58.66kcal (2.93%), Fat: 6.24g (9.6%), Saturated Fat: 0.89g (5.58%), Carbohydrates: 0.5g (0.17%), Net Carbohydrates: 0.49g (0.18%), Sugar: 0.23g (0.26%), Cholesterol: 2.94mg (0.98%), Sodium: 54.55mg (2.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.12g (0.24%), Vitamin K: 12.14µg (11.56%), Vitamin E: 0.41mg (2.7%)