



Saffron Aioli



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



64

CALORIES



26 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients



1.5 teaspoons balsamic vinegar



1 large garlic clove minced



1 cup canola mayonnaise (such as Hellmann's)



1 tablespoon olive oil extra-virgin



1 Dash saffron threads crushed



0.3 teaspoon salt



1 tablespoon warm water

Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Combine 1 tablespoon warm water and saffron in a medium bowl, and let stand 30 minutes.
- ☐ Add mayonnaise, vinegar, salt, and garlic to saffron mixture, stirring well with a whisk.
Gradually add oil, stirring with a whisk until smooth.

Nutrition Facts

PROTEIN 0.6%

FAT 98.39%

CARBS 1.01%

Properties

Glycemic Index:3.13, Glycemic Load:0.03, Inflammation Score:-1, Nutrition Score:0.33695651995747%

Flavonoids

Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg

Nutrients (% of daily need)

Calories: 25.96kcal (1.3%), Fat: 2.84g (4.37%), Saturated Fat: 0.44g (2.75%), Carbohydrates: 0.07g (0.02%), Net Carbohydrates: 0.06g (0.02%), Sugar: 0.04g (0.04%), Cholesterol: 1.47mg (0.49%), Sodium: 31.38mg (1.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.04g (0.08%), Vitamin K: 5.84µg (5.56%)