



## Sun-dried Tomato Aioli

 Vegetarian  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



10

CALORIES



160 kcal

SIDE DISH

### Ingredients

- 1 tablespoon dijon mustard
- 1 tablespoon basil leaves fresh minced
- 2 garlic cloves finely minced
- 1 tablespoon juice of lemon
- 1 cup mayonnaise
- 0.3 cup sun-dried tomatoes in oil

### Equipment

- food processor

## Directions

- Process first 5 ingredients in a food processor 30 seconds or until combined.
- Add mayonnaise, and process 15 seconds or until smooth. Cover and chill until ready to serve.

## Nutrition Facts

PROTEIN 1.16% FAT 95.97% CARBS 2.87%

## Properties

Glycemic Index:18.2, Glycemic Load:0.13, Inflammation Score:-1, Nutrition Score:2.7126086950302%

## Flavonoids

Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

## Nutrients (% of daily need)

Calories: 160.36kcal (8.02%), Fat: 17.2g (26.46%), Saturated Fat: 2.68g (16.74%), Carbohydrates: 1.16g (0.39%), Net Carbohydrates: 0.91g (0.33%), Sugar: 0.19g (0.21%), Cholesterol: 9.41mg (3.14%), Sodium: 166.18mg (7.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.47g (0.94%), Vitamin K: 37.37µg (35.59%), Vitamin E: 0.74mg (4.96%), Vitamin C: 3.61mg (4.37%), Selenium: 1.2µg (1.71%), Manganese: 0.03mg (1.66%), Potassium: 54.31mg (1.55%), Vitamin A: 61.68IU (1.23%), Phosphorus: 11.3mg (1.13%), Copper: 0.02mg (1.06%)