



Sun-dried Tomato Aioli



Vegetarian



Gluten Free

READY IN



10 min.

SERVINGS



10

CALORIES



242 kcal

SIDE DISH

Ingredients

- ☐ 1 teaspoon rosemary fresh chopped
- ☐ 1 garlic clove
- ☐ 1 teaspoon lemon zest
- ☐ 1.5 cups mayonnaise light
- ☐ 0.3 cup milk
- ☐ 0.5 teaspoon pepper freshly ground
- ☐ 10 servings vegetables assorted
- ☐ 10 servings garnish: rosemary sprig fresh

- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup firmly sun-dried tomatoes packed drained in oil

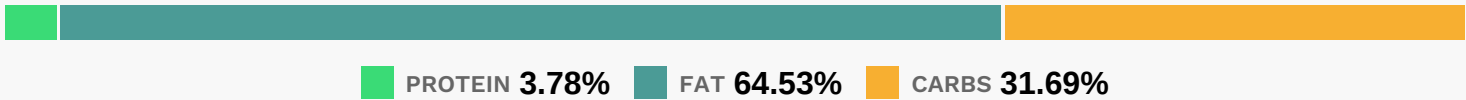
Equipment

- ☐ food processor

Directions

- ☐ Process all ingredients in a food processor 15 seconds or until smooth, stopping to scrape down sides as needed. Cover and chill until ready to serve. Store in an airtight container in refrigerator up to 1 week.
- ☐ Garnish, if desired.
- ☐ Serve with vegetables and chips.

Nutrition Facts



Properties

Glycemic Index:17, Glycemic Load:0.16, Inflammation Score:-2, Nutrition Score:6.7956521822059%

Flavonoids

Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 241.53kcal (12.08%), Fat: 17.71g (27.25%), Saturated Fat: 2.3g (14.4%), Carbohydrates: 19.57g (6.52%), Net Carbohydrates: 18.39g (6.69%), Sugar: 1.59g (1.77%), Cholesterol: 6.11mg (2.04%), Sodium: 553.91mg (24.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.34g (4.67%), Vitamin E: 3.65mg (24.35%), Vitamin K: 24.42µg (23.26%), Vitamin B5: 1.28mg (12.81%), Vitamin C: 10.2mg (12.36%), Potassium: 416.85mg (11.91%), Manganese: 0.23mg (11.28%), Vitamin B6: 0.17mg (8.54%), Vitamin B3: 1.48mg (7.4%), Phosphorus: 59.86mg (5.99%), Magnesium: 22.52mg (5.63%), Vitamin B1: 0.07mg (4.94%), Fiber: 1.18g (4.71%), Copper: 0.09mg (4.62%), Iron: 0.55mg (3.06%), Vitamin B2: 0.05mg (2.84%), Folate: 10.68µg (2.67%), Selenium: 1.85µg (2.65%), Zinc: 0.39mg (2.61%), Calcium: 19.76mg (1.98%), Vitamin A: 84.65IU (1.69%)