



The Creamiest Aioli



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



274 kcal

SIDE DISH

Ingredients

- ☐ 2 servings pepper black freshly ground
- ☐ 1 pinch ground pepper
- ☐ 1 large egg yolk
- ☐ 1 small garlic clove finely grated
- ☐ 0.3 cup grapeseed oil
- ☐ 0.3 teaspoon kosher salt plus more
- ☐ 2 servings juice of lemon fresh

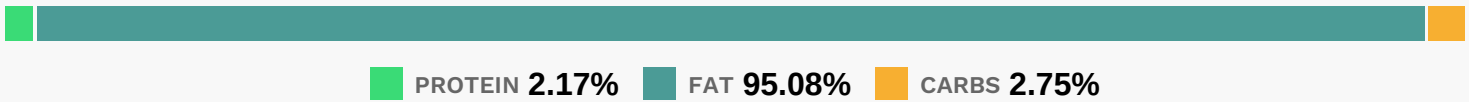
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ kitchen towels

Directions

- ☐ Drape a kitchen towel over a small saucepan;set a small metal bowl over (this will hold bowl in place).
- ☐ Whisk egg yolk*, garlic, 1/4 teaspoon salt,and 2 teaspoons water in metal bowl to blend well.
- ☐ Whisking constantly, slowly drizzle in grapeseed oil, 1 teaspoonful at a time, until sauce is thickened and emulsified.
- ☐ Whisking constantly, add olive oil in a slow, steady stream. Stir in cayenne;season aioli with lemon juice, pepper, and salt.
- ☐ *Raw egg is not recommended for infants, the elderly, pregnant women, people with weakened immune systems...or people who don't like raw eggs. But they won't have to forgo this aioli altogether. Just use pasteurized egg yolk instead.

Nutrition Facts



Properties

Glycemic Index:74, Glycemic Load:0.16, Inflammation Score:-2, Nutrition Score:4.5734782309636%

Flavonoids

Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 274.2kcal (13.71%), Fat: 29.56g (45.47%), Saturated Fat: 3.44g (21.49%), Carbohydrates: 1.93g (0.64%), Net Carbohydrates: 1.81g (0.66%), Sugar: 0.45g (0.5%), Cholesterol: 91.8mg (30.6%), Sodium: 295.2mg (12.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.52g (3.03%), Vitamin E: 8.11mg (54.05%), Vitamin C: 6.31mg (7.65%), Selenium: 5µg (7.14%), Folate: 15.52µg (3.88%), Phosphorus: 36.95mg (3.69%), Vitamin D: 0.46µg (3.06%),

Vitamin B2: 0.05mg (2.91%), Vitamin A: 144.96IU (2.9%), Vitamin B6: 0.06mg (2.84%), Vitamin B5: 0.28mg (2.84%),
Vitamin B12: 0.17µg (2.76%), Manganese: 0.05mg (2.3%), Iron: 0.29mg (1.59%), Calcium: 15.28mg (1.53%), Zinc:
0.22mg (1.49%), Vitamin B1: 0.02mg (1.46%)