



## Thick-Style Lebanese Garlic Sauce

 Vegetarian  Vegan  Gluten Free  Dairy Free  Popular

READY IN



15 min.

SERVINGS



2

CALORIES



418 kcal

SAUCE

### Ingredients

- 1 head garlic minced
- 0.5 cup juice of lemon fresh
- 1 cup olive oil (not extra virgin)
- 1 tablespoon sea salt
- 1 cup vegetable oil

### Equipment

- blender
- immersion blender

## Directions

- Place the garlic, salt, lemon juice, vegetable oil, and olive oil in a quart-sized jar. Submerge an immersion blender in the mixture to the bottom of the jar.
- Mix with the blender resting on the bottom of the jar until the ingredients thicken, 1 to 2 minutes. Angle the mixer to pull ingredients from the sides of the jar and lift it toward the top to better combine. Continue blending until the mixture reaches a texture similar to mayonnaise.

## Nutrition Facts

**PROTEIN 1.02%** **FAT 90.8%** **CARBS 8.18%**

## Properties

Glycemic Index:15, Glycemic Load:1.3, Inflammation Score:-4, Nutrition Score:7.5182609963028%

## Flavonoids

Eriodictyol: 2.98mg, Eriodictyol: 2.98mg, Eriodictyol: 2.98mg, Eriodictyol: 2.98mg Hesperetin: 8.83mg, Hesperetin: 8.83mg, Hesperetin: 8.83mg, Hesperetin: 8.83mg Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg

## Nutrients (% of daily need)

Calories: 417.94kcal (20.9%), Fat: 43.62g (67.1%), Saturated Fat: 6.34g (39.64%), Carbohydrates: 8.84g (2.95%), Net Carbohydrates: 8.37g (3.04%), Sugar: 1.68g (1.86%), Cholesterol: 0mg (0%), Sodium: 3491.64mg (151.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.1g (2.21%), Vitamin K: 53.33µg (50.79%), Vitamin C: 27.98mg (33.91%), Vitamin E: 5mg (33.31%), Manganese: 0.25mg (12.52%), Vitamin B6: 0.2mg (10.08%), Potassium: 119.91mg (3.43%), Folate: 12.62µg (3.15%), Calcium: 31.38mg (3.14%), Selenium: 2.06µg (2.94%), Vitamin B1: 0.04mg (2.84%), Copper: 0.05mg (2.72%), Phosphorus: 26.3mg (2.63%), Iron: 0.44mg (2.45%), Fiber: 0.48g (1.91%), Magnesium: 7.25mg (1.81%), Vitamin B5: 0.16mg (1.63%), Vitamin B2: 0.02mg (1.44%), Zinc: 0.2mg (1.35%)