



Whipped Lemon Aïoli



Vegetarian



Gluten Free

READY IN



10 min.

SERVINGS



10

CALORIES



272 kcal

SIDE DISH

Ingredients

- ☐ 1 garlic clove
- ☐ 0.8 cup heavy cream
- ☐ 1 tablespoon juice of lemon
- ☐ 2 teaspoons lemon zest
- ☐ 1 cup mayonnaise
- ☐ 10 servings vegetables assorted

Equipment

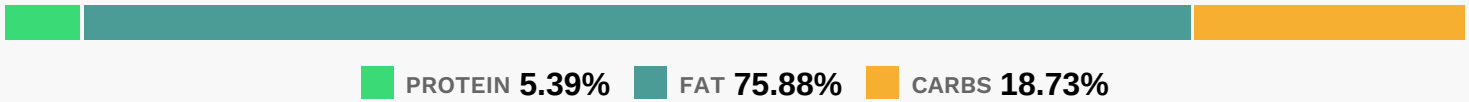
- ☐ hand mixer

- ☐ grater
- ☐ zester

Directions

- ☐ Finely grate garlic into mayonnaise using a fine grater or zester. Stir in lemon zest and juice.
- ☐ Beat cream at high speed with an electric mixer until medium peaks form.
- ☐ Add mayonnaise mixture, and beat until smooth. Season with salt to taste.
- ☐ Serve immediately with assorted vegetables, or cover and chill up to 1 day.

Nutrition Facts



Properties

Glycemic Index:12.5, Glycemic Load:3.97, Inflammation Score:-10, Nutrition Score:11.073913074058%

Flavonoids

Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg 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: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 272.21kcal (13.61%), Fat: 23.68g (36.43%), Saturated Fat: 6.82g (42.6%), Carbohydrates: 13.15g (4.38%), Net Carbohydrates: 9.46g (3.44%), Sugar: 0.71g (0.78%), Cholesterol: 29.58mg (9.86%), Sodium: 189.92mg (8.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.78g (7.57%), Vitamin A: 4898.25IU (97.97%), Vitamin K: 37.09µg (35.32%), Fiber: 3.69g (14.77%), Vitamin C: 10.76mg (13.04%), Manganese: 0.23mg (11.45%), Vitamin B1: 0.12mg (7.87%), Folate: 28.58µg (7.15%), Phosphorus: 69.37mg (6.94%), Vitamin B2: 0.12mg (6.83%), Potassium: 217.75mg (6.22%), Vitamin E: 0.9mg (6.02%), Magnesium: 23.54mg (5.88%), Vitamin B3: 1.16mg (5.78%), Iron: 0.94mg (5.22%), Vitamin B6: 0.1mg (5.02%), Copper: 0.09mg (4.62%), Calcium: 37.49mg (3.75%), Zinc: 0.49mg (3.27%), Vitamin B5: 0.24mg (2.37%), Vitamin D: 0.33µg (2.2%), Selenium: 1.46µg (2.09%)