

# Home Made Garlic Aoli

🕒 5 min    🍴 12 servings

146 Kcal / serving

1g Protein   17g Fat   0g Carbs

## Ingredients

- Egg, 1 medium (44 g)
- Salt, 0 tsp (0.4 g)
- Dijon mustard, 1 teaspoon (5 g)
- lemon juice, 10 g
- Light olive oil, 14 serving (210 g)
- Garlic, minced, 1 garlic clove (4 g)



## Instructions

1. Crack the egg into a large glass measuring jug, add the Dijon mustard, garlic and vinegar, and salt.
2. Place the immersion blender in the bottom of the container before turning it on. Start mixing using one hand and use the other hand to slowly pour the olive oil into the bowl in a thin steady stream while you keep mixing.
3. The bottom layer will go white and creamy before you raise the blender to the next layer.
4. Note if you do not have an immersion blender, place all of the ingredients except the olive oil into an electric blender, and blend on high for 2 minutes or until mixture looks blended.
5. Then reduce blender to medium speed, and slowly pour in the oil in a thin steady stream, keeping the mixer on.
6. Once all oil is added the mayo should look thick and creamy.
7. Your mayonnaise is ready when it's thick and fluffy.
8. Taste for seasoning add more if necessary.
9. This keeps in the fridge for 5 days.

## Comments

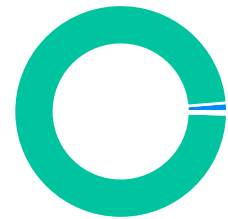
Vegetarian, FODMAP, Gluten Free, Keto

Note use only light olive as it has a more neutral flavour, otherwise your mayonnaise will taste bitter.

This taste great with chicken, fish or lamb and is delicious on a salad.

## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1753.8	641.5	146.2
Protein [g]	6	2.2	0.5
Fat [g]	200.4	73.3	16.7
Carbs [g]	1.9	0.7	0.2
Fiber [g]	0.3	0.1	0
Net Carbs [g]	1.6	0.6	0.1



Protein Fat Carbs

## Micronutrient summary

	TOTAL	/100 G	/SERVING
Calcium, Ca [mg]	35.7	13.1	3
Iron, Fe [mg]	1	0.4	0.1
Magnesium, Mg [mg]	9.1	3.3	0.8
Phosphorus, P [mg]	99.4	36.4	8.3
Potassium, K [mg]	88.2	32.3	7.4
Sodium, Na [mg]	254.3	96.7	22
Zinc, Zn [mg]	0.6	0.2	0
Vitamin A, RAE [ug]	70.4	25.8	5.9
Vitamin E [mg]	0.5	0.2	0
Vitamin D [ug]	0.9	0.3	0.1
Vitamin C [mg]	1.3	0.5	0.1
Thiamin [mg]	0	0	0
Riboflavin [mg]	0.2	0.1	0
Niacin [mg]	0.1	0	0
Vitamin B6 [mg]	0.1	0	0
Vitamin B12 [ug]	0.4	0.1	0
Vitamin K [ug]	0.3	0.1	0