



Anchovy and Caper Salad Dressing



Gluten Free



Dairy Free



Low Fod Map

READY IN



5 min.

SERVINGS



4

CALORIES



166 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients



6 fillet anchovy chopped



1 tablespoon caper



5 tablespoons olive oil extra virgin



1 teaspoon ground pepper fresh black



2 tablespoons juice of lemon fresh

Equipment



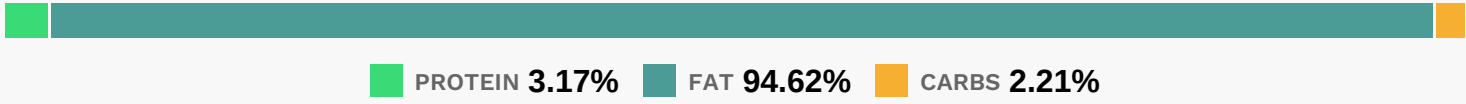
bowl

Directions

☐

Mix together all ingredients in a bowl. No salt needed because of the capers and anchovies.
Thanks Leslie for the cookbook!

Nutrition Facts



Properties

Glycemic Index:8, Glycemic Load:0.06, Inflammation Score:-1, Nutrition Score:2.4934782632019%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 2.63mg, Kaempferol: 2.63mg, Kaempferol: 2.63mg, Kaempferol: 2.63mg Quercetin: 3.48mg, Quercetin: 3.48mg, Quercetin: 3.48mg, Quercetin: 3.48mg

Nutrients (% of daily need)

Calories: 165.93kcal (8.3%), Fat: 17.84g (27.45%), Saturated Fat: 2.51g (15.67%), Carbohydrates: 0.94g (0.31%), Net Carbohydrates: 0.72g (0.26%), Sugar: 0.2g (0.22%), Cholesterol: 3.6mg (1.2%), Sodium: 62.15mg (2.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.35g (2.69%), Vitamin E: 2.59mg (17.25%), Vitamin K: 11.85µg (11.29%), Vitamin B3: 0.87mg (4.34%), Vitamin C: 2.99mg (3.62%), Manganese: 0.07mg (3.52%), Selenium: 2.25µg (3.21%), Iron: 0.38mg (2.12%), Copper: 0.03mg (1.4%), Calcium: 12.46mg (1.25%), Phosphorus: 12.03mg (1.2%), Vitamin B2: 0.02mg (1.19%), Magnesium: 4.43mg (1.11%), Potassium: 38.33mg (1.09%)