



Balsamic-Lemon Vinaigrette

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



10

CALORIES



85 kcal

SIDE DISH

Ingredients

- 0.3 cup balsamic vinegar
- 0.3 cup juice of lemon fresh
- 1 tablespoon mustard prepared
- 2 cups olive oil
- 1 teaspoon pepper freshly ground
- 1 teaspoon salt

Equipment

Directions

Combine all ingredients in a jar; cover tightly, and shake vigorously.

Nutrition Facts

 PROTEIN **0.67%**  FAT **90.75%**  CARBS **8.58%**

Properties

Glycemic Index:11.4, Glycemic Load:0.57, Inflammation Score:-1, Nutrition Score:1.1182608644923%

Flavonoids

Eriodictyol: 0.4mg, Eriodictyol: 0.4mg, Eriodictyol: 0.4mg, Eriodictyol: 0.4mg Hesperetin: 1.18mg, Hesperetin: 1.18mg, Hesperetin: 1.18mg, Hesperetin: 1.18mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 85.19kcal (4.26%), Fat: 8.72g (13.41%), Saturated Fat: 1.2g (7.51%), Carbohydrates: 1.85g (0.62%), Net Carbohydrates: 1.71g (0.62%), Sugar: 1.18g (1.31%), Cholesterol: 0mg (0%), Sodium: 250.81mg (10.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.14g (0.29%), Vitamin E: 1.26mg (8.42%), Vitamin K: 5.55µg (5.29%), Vitamin C: 3.15mg (3.82%), Manganese: 0.04mg (2.08%)