



## Basic Italian Salad Dressing

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



384 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- 1 teaspoon basil dried crumbled
- 2 tablespoons parsley fresh chopped
- 2 garlic clove chopped
- 1 tablespoon juice of lemon fresh
- 6 tablespoons olive oil
- 1 pinch oregano dried
- 0.3 teaspoon pepper dried red crushed
- 2 tablespoons citrus champagne vinegar

# Equipment

bowl

whisk

# Directions

Combine all ingredients in small bowl and whisk to blend. Season to taste with salt and pepper. (Can be prepared 1 day ahead. Cover and refrigerate.)

# Nutrition Facts

**PROTEIN 0.51%** **FAT 97.23%** **CARBS 2.26%**

# Properties

Glycemic Index:33.5, Glycemic Load:0.32, Inflammation Score:-4, Nutrition Score:8.2465217061665%

# 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: 8.66mg, Apigenin: 8.66mg, Apigenin: 8.66mg, Apigenin: 8.66mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

# Nutrients (% of daily need)

Calories: 383.69kcal (19.18%), Fat: 42.12g (64.8%), Saturated Fat: 5.82g (36.4%), Carbohydrates: 2.2g (0.73%), Net Carbohydrates: 1.69g (0.61%), Sugar: 0.28g (0.31%), Cholesterol: 0mg (0%), Sodium: 9.36mg (0.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.49g (0.99%), Vitamin K: 100.08µg (95.32%), Vitamin E: 6.25mg (41.66%), Vitamin C: 9.24mg (11.2%), Vitamin A: 416.38IU (8.33%), Iron: 1.12mg (6.21%), Manganese: 0.12mg (6.01%), Vitamin B6: 0.06mg (2.84%), Calcium: 25.54mg (2.55%), Folate: 9.41µg (2.35%), Fiber: 0.51g (2.06%), Magnesium: 7.86mg (1.97%), Potassium: 66.84mg (1.91%), Copper: 0.03mg (1.55%), Phosphorus: 10.9mg (1.09%)