



Citrus-Basil Dressing

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



341 kcal

SIDE DISH

Ingredients

- 1 teaspoon dijon mustard
- 2 tablespoons basil fresh chopped
- 4 teaspoons juice of lemon fresh
- 0.3 cup olive oil extra-virgin
- 2 tablespoons orange juice fresh
- 1 teaspoon orange rind grated
- 0.1 teaspoon pepper freshly ground
- 0.5 teaspoon salt

1 tablespoon shallots minced

0.8 teaspoon sugar

Equipment

bowl

whisk

Directions

Whisk together all ingredients in a small bowl.

Nutrition Facts

 **PROTEIN 0.55%**  **FAT 93.36%**  **CARBS 6.09%**

Properties

Glycemic Index:143.05, Glycemic Load:2.19, Inflammation Score:-2, Nutrition Score:4.7730434809042%

Flavonoids

Eriodictyol: 0.52mg, Eriodictyol: 0.52mg, Eriodictyol: 0.52mg, Eriodictyol: 0.52mg Hesperetin: 3.48mg, Hesperetin: 3.48mg, Hesperetin: 3.48mg, Hesperetin: 3.48mg Naringenin: 0.5mg, Naringenin: 0.5mg, Naringenin: 0.5mg, Naringenin: 0.5mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 340.73kcal (17.04%), Fat: 36.17g (55.65%), Saturated Fat: 4.99g (31.16%), Carbohydrates: 5.31g (1.77%), Net Carbohydrates: 4.81g (1.75%), Sugar: 3.61g (4.01%), Cholesterol: 0mg (0%), Sodium: 610.61mg (26.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.48g (0.95%), Vitamin E: 5.24mg (34.91%), Vitamin K: 30.27µg (28.83%), Vitamin C: 14.5mg (17.58%), Manganese: 0.07mg (3.45%), Vitamin A: 146.96IU (2.94%), Folate: 10.66µg (2.66%), Iron: 0.43mg (2.4%), Potassium: 74.94mg (2.14%), Fiber: 0.5g (2%), Vitamin B1: 0.03mg (1.83%), Vitamin B6: 0.04mg (1.78%), Magnesium: 6.45mg (1.61%), Selenium: 0.97µg (1.39%), Copper: 0.03mg (1.31%), Calcium: 12.33mg (1.23%), Phosphorus: 10.92mg (1.09%)