



Citrus-Herb Dressing



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



21 kcal

SIDE DISH

Ingredients

- ☐ 1 teaspoon dijon mustard
- ☐ 3 tablespoons basil fresh chopped
- ☐ 1 tablespoon thyme leaves fresh chopped
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 3 tablespoons orange juice fresh
- ☐ 0.3 teaspoon pepper
- ☐ 0.3 teaspoon salt

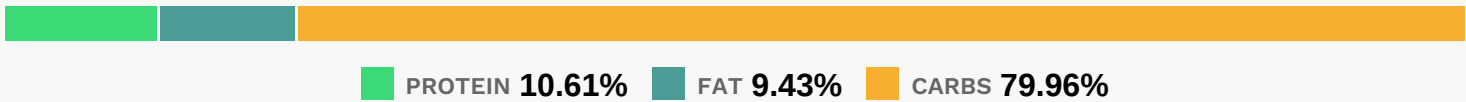
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Whisk together all ingredients in a medium bowl.

Nutrition Facts



Properties

Glycemic Index:115.5, Glycemic Load:1.58, Inflammation Score:-10, Nutrition Score:3.9908696127974%

Flavonoids

Eriodictyol: 0.78mg, Eriodictyol: 0.78mg, Eriodictyol: 0.78mg, Eriodictyol: 0.78mg Hesperetin: 5.22mg, Hesperetin: 5.22mg, Hesperetin: 5.22mg, Hesperetin: 5.22mg Naringenin: 0.75mg, Naringenin: 0.75mg, Naringenin: 0.75mg, Naringenin: 0.75mg Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 1.58mg, Luteolin: 1.58mg, Luteolin: 1.58mg, Luteolin: 1.58mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 21.15kcal (1.06%), Fat: 0.26g (0.4%), Saturated Fat: 0.04g (0.25%), Carbohydrates: 4.91g (1.64%), Net Carbohydrates: 4.11g (1.49%), Sugar: 2.57g (2.85%), Cholesterol: 0mg (0%), Sodium: 319.08mg (13.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.65g (1.3%), Vitamin C: 24.71mg (29.95%), Vitamin K: 12.92µg (12.31%), Vitamin A: 379.58IU (7.59%), Manganese: 0.14mg (7.15%), Iron: 0.84mg (4.64%), Folate: 14.48µg (3.62%), Fiber: 0.8g (3.22%), Magnesium: 12.86mg (3.21%), Potassium: 103.75mg (2.96%), Calcium: 26.05mg (2.61%), Copper: 0.05mg (2.5%), Vitamin B1: 0.03mg (2.28%), Vitamin B6: 0.04mg (1.82%), Vitamin B2: 0.03mg (1.81%), Phosphorus: 14.02mg (1.4%), Selenium: 0.91µg (1.3%), Vitamin B3: 0.22mg (1.12%)