

Creamy Vinaigrette

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



72 kcal

SIDE DISH

Ingredients

- 2 tablespoons dijon mustard
- 1 large garlic clove minced
- 0.3 cup juice of lemon
- 0.7 cup olive oil
- 4 servings salt and pepper black freshly ground

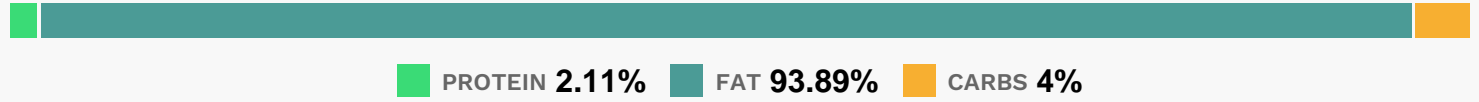
Equipment

- whisk
- measuring cup

Directions

- ☐ Measure vinegar (or lemon juice) and mustard (or mayonnaise) into a 2-cup measuring cup. With a small whisk, stir in garlic, a big pinch of salt and a few grinds of pepper. Measure oil in another cup. Slowly whisk oil into mixture, first in droplets, then in a slow, steady stream to make an emulsified vinaigrette.

Nutrition Facts



Properties

Glycemic Index:36, Glycemic Load:0.11, Inflammation Score:-1, Nutrition Score:1.2421739124086%

Flavonoids

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: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 72.46kcal (3.62%), Fat: 7.46g (11.48%), Saturated Fat: 1.01g (6.34%), Carbohydrates: 0.72g (0.24%), Net Carbohydrates: 0.35g (0.13%), Sugar: 0.12g (0.13%), Cholesterol: 0mg (0%), Sodium: 83.11mg (3.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.38g (0.75%), Vitamin E: 1.06mg (7.1%), Vitamin K: 4.62µg (4.4%), Selenium: 2.74µg (3.92%), Manganese: 0.07mg (3.27%), Fiber: 0.36g (1.45%), Vitamin B1: 0.02mg (1.05%), Iron: 0.19mg (1.04%), Magnesium: 4.12mg (1.03%)