



Cuban Garlic Salad Dressing

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



2

CALORIES



315 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 teaspoon ground mustard dry
- 1.5 cups olive oil extra virgin
- 4 garlic clove finely minced
- 1 teaspoon oregano
- 0.3 teaspoon pepper
- 2 teaspoons salt
- 0.5 cup vinegar white

Equipment

Nutrition Facts

■ PROTEIN **0.97%** ■ FAT **94.99%** ■ CARBS **4.04%**

Properties

Glycemic Index:58.5, Glycemic Load:0.61, Inflammation Score:-7, Nutrition Score:4.6434782608696%

Flavonoids

Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 315.19kcal (15.76%), Fat: 32.84g (50.53%), Saturated Fat: 4.52g (28.22%), Carbohydrates: 3.14g (1.05%), Net Carbohydrates: 2.41g (0.87%), Sugar: 0.2g (0.22%), Cholesterol: 0mg (0%), Sodium: 2328.85mg (101.25%), Protein: 0.76g (1.52%), Vitamin E: 4.91mg (32.71%), Vitamin K: 26.29µg (25.04%), Manganese: 0.25mg (12.38%), Selenium: 3.32µg (4.74%), Iron: 0.81mg (4.48%), Vitamin B6: 0.09mg (4.48%), Calcium: 36.19mg (3.62%), Fiber: 0.74g (2.94%), Vitamin C: 1.97mg (2.38%), Magnesium: 9.03mg (2.26%), Phosphorus: 21.89mg (2.19%), Copper: 0.04mg (1.98%), Vitamin B1: 0.02mg (1.47%), Potassium: 49.44mg (1.41%), Zinc: 0.17mg (1.15%), Folate: 4.21µg (1.05%)