

Cumin Vinaigrette



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



3

CALORIES



70 kcal

SIDE DISH

Ingredients

- ☐ 1 teaspoon cumin seeds dry toasted
- ☐ 1 teaspoon dijon mustard
- ☐ 1 tablespoon mint leaves fresh finely chopped
- ☐ 1 teaspoon juice of lemon freshly squeezed
- ☐ 0.5 cup olive oil extra virgin extra-virgin
- ☐ 3 servings pepper black freshly ground to taste
- ☐ 2 teaspoons sherry vinegar

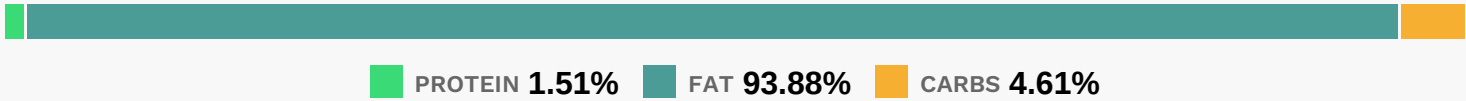
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Place the Dijon mustard in a bowl and whisk in the olive oil, then the lemon juice and the sherry vinegar.
- ☐ Add the cumin and the mint. Season with salt and pepper to taste. The vinaigrette will last for 10 days in the fridge.

Nutrition Facts



Properties

Glycemic Index:23, Glycemic Load:0.03, Inflammation Score:-1, Nutrition Score:1.344782622612%

Flavonoids

Eriodictyol: 0.6mg, Eriodictyol: 0.6mg, Eriodictyol: 0.6mg, Eriodictyol: 0.6mg Hesperetin: 0.41mg, Hesperetin: 0.41mg, Hesperetin: 0.41mg, Hesperetin: 0.41mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 69.58kcal (3.48%), Fat: 7.43g (11.43%), Saturated Fat: 1.01g (6.34%), Carbohydrates: 0.82g (0.27%), Net Carbohydrates: 0.51g (0.19%), Sugar: 0.08g (0.09%), Cholesterol: 0mg (0%), Sodium: 20.42mg (0.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.27g (0.54%), Vitamin E: 1.07mg (7.12%), Vitamin K: 4.56µg (4.34%), Iron: 0.62mg (3.44%), Manganese: 0.06mg (3.16%), Vitamin A: 81.1IU (1.62%), Vitamin C: 1.25mg (1.51%), Magnesium: 4.98mg (1.24%), Fiber: 0.31g (1.22%), Calcium: 12.12mg (1.21%)