

Dijon Vinaigrette



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



1

CALORIES



380 kcal

SIDE DISH

Ingredients

- ☐ 1 teaspoon dijon mustard
- ☐ 1 tablespoon flat-leaf parsley fresh finely chopped
- ☐ 1 serving kosher salt and pepper black freshly ground
- ☐ 1 tablespoon juice of lemon freshly squeezed
- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 1 teaspoon sherry vinegar

Equipment

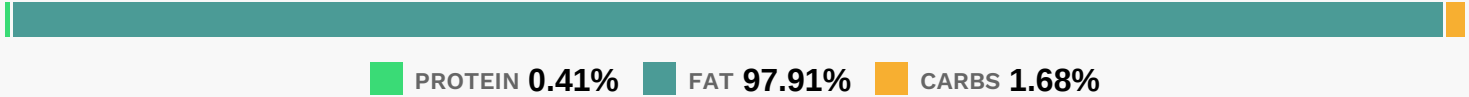
- ☐ bowl

whisk

Directions

Put the mustard in a small heavy bowl that wont move around when you start whisking. Slowly whisk in the olive oil to emulsify. If it gets too thick, dilute with a touch of water. Once the oil is incorporated, add the lemon juice and vinegar, season with salt and pepper to taste, and finish with the parsley.

Nutrition Facts



Properties

Glycemic Index:96, Glycemic Load:0.07, Inflammation Score:-4, Nutrition Score:7.369565197955%

Flavonoids

Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 8.66mg, Apigenin: 8.66mg, Apigenin: 8.66mg, Apigenin: 8.66mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 380.27kcal (19.01%), Fat: 42.24g (64.98%), Saturated Fat: 5.82g (36.38%), Carbohydrates: 1.63g (0.54%), Net Carbohydrates: 1.21g (0.44%), Sugar: 0.48g (0.54%), Cholesterol: 0mg (0%), Sodium: 58.65mg (2.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.4g (0.79%), Vitamin K: 91.12µg (86.78%), Vitamin E: 6.12mg (40.79%), Vitamin C: 11.17mg (13.54%), Vitamin A: 341.96IU (6.84%), Iron: 0.61mg (3.37%), Selenium: 1.72µg (2.46%), Folate: 9.45µg (2.36%), Manganese: 0.04mg (2.21%), Fiber: 0.42g (1.67%), Magnesium: 5.67mg (1.42%), Potassium: 48.81mg (1.39%), Vitamin B1: 0.02mg (1.11%), Calcium: 10.73mg (1.07%)