

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

PROTEIN 0.41%

FAT 97.91%

CARBS 1.68%

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%)