



## Dill Vinaigrette



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



10

CALORIES



52 kcal

SIDE DISH

## Ingredients

- ☐ 2 teaspoons liquid from capers jarred
- ☐ 2 tablespoons dill pickle minced
- ☐ 2 tablespoons optional: dill fresh minced
- ☐ 0.8 teaspoon coarsely ground pepper black
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 0.3 cup olive oil
- ☐ 0.3 cup red wine vinegar
- ☐ 0.8 teaspoon salt

- ☐ 0.5 teaspoon sugar
- ☐ 2 tablespoons onion   sweet finely chopped

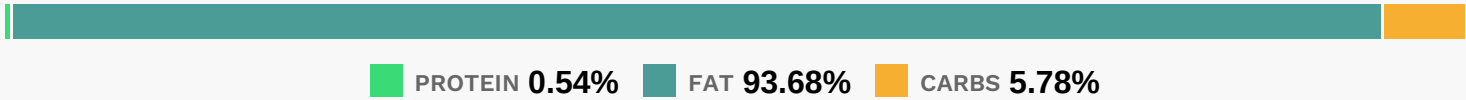
## Equipment

- ☐ whisk

## Directions

- ☐ Whisk together all ingredients. Cover and chill.

## Nutrition Facts



## Properties

Glycemic Index:11.71, Glycemic Load:0.16, Inflammation Score:-1, Nutrition Score:0.71826087424289%

## Flavonoids

Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg

## Nutrients (% of daily need)

Calories: 51.8kcal (2.59%), Fat: 5.43g (8.36%), Saturated Fat: 0.75g (4.7%), Carbohydrates: 0.75g (0.25%), Net Carbohydrates: 0.64g (0.23%), Sugar: 0.42g (0.46%), Cholesterol: 0mg (0%), Sodium: 210.24mg (9.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.07g (0.14%), Vitamin E: 0.79mg (5.27%), Vitamin K: 4.1µg (3.9%), Vitamin C: 1.43mg (1.74%), Manganese: 0.03mg (1.35%)