



Fresh Lemon Vinaigrette



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



331 kcal

SIDE DISH

Ingredients

- ☐ 1 teaspoon dijon mustard
- ☐ 1 large garlic clove pressed
- ☐ 0.3 cup juice of lemon fresh
- ☐ 0.3 cup olive oil
- ☐ 0.3 teaspoon pepper freshly ground
- ☐ 0.3 teaspoon salt
- ☐ 0.3 teaspoon sugar

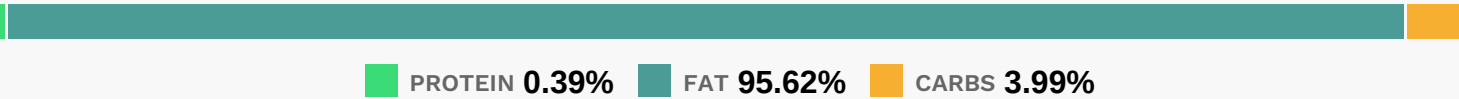
Equipment

☐ whisk

Directions

- ☐ Whisk together lemon juice, Dijon mustard, pressed garlic clove, salt, sugar, and freshly ground pepper.
- ☐ Add olive oil in a slow, steady stream, whisking constantly until smooth. Store in refrigerator up to 1 week; let stand at room temperature 2 minutes, and whisk just before serving.

Nutrition Facts



Properties

Glycemic Index:82.05, Glycemic Load:0.53, Inflammation Score:-1, Nutrition Score:3.9030435256984%

Flavonoids

Eriodictyol: 1.49mg, Eriodictyol: 1.49mg, Eriodictyol: 1.49mg, Eriodictyol: 1.49mg Hesperetin: 4.41mg, Hesperetin: 4.41mg, Hesperetin: 4.41mg, Hesperetin: 4.41mg Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 331.26kcal (16.56%), Fat: 36.17g (55.65%), Saturated Fat: 4.99g (31.2%), Carbohydrates: 3.39g (1.13%), Net Carbohydrates: 3.1g (1.13%), Sugar: 1.32g (1.47%), Cholesterol: 0mg (0%), Sodium: 319.52mg (13.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.33g (0.67%), Vitamin E: 5.24mg (34.95%), Vitamin K: 22.14µg (21.09%), Vitamin C: 12.28mg (14.89%), Manganese: 0.07mg (3.59%), Iron: 0.32mg (1.77%), Vitamin B6: 0.04mg (1.75%), Folate: 6.36µg (1.59%), Selenium: 1.11µg (1.58%), Potassium: 44.93mg (1.28%), Fiber: 0.29g (1.17%), Vitamin B1: 0.02mg (1.02%)