



Garlic and Olive Oil

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



123 kcal

SIDE DISH

Ingredients

- 1 clove garlic chopped
- 0.1 teaspoon ground mustard dry
- 2 tablespoons juice of lemon
- 0.3 cup olive oil light
- 0.3 teaspoon sugar white

Equipment

- food processor
- blender

Directions

In a blender or food processor, blend the olive oil, lemon juice, sugar, garlic and mustard until smooth. Toss with fresh greens or vegetables.

Nutrition Facts

PROTEIN 0.29% **FAT 96.45%** **CARBS 3.26%**

Properties

Glycemic Index:25.02, Glycemic Load:0.24, Inflammation Score:-1, Nutrition Score:1.2795652414308%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 123.39kcal (6.17%), Fat: 13.55g (20.84%), Saturated Fat: 1.87g (11.67%), Carbohydrates: 1.03g (0.34%), Net Carbohydrates: 0.99g (0.36%), Sugar: 0.45g (0.5%), Cholesterol: 0mg (0%), Sodium: 0.48mg (0.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.09g (0.18%), Vitamin E: 1.96mg (13.06%), Vitamin K: 8.14µg (7.76%), Vitamin C: 3.14mg (3.81%)