



Garlic Vinaigrette



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



5

CALORIES



154 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons dijon mustard
- ☐ 1 garlic clove minced
- ☐ 6 tablespoons olive oil
- ☐ 5 servings pepper freshly ground to taste
- ☐ 5 servings salt to taste
- ☐ 2 tablespoons sherry vinegar your favorite

Equipment

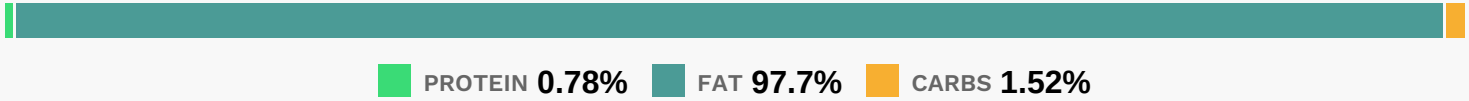
- ☐ bowl

whisk

Directions

Stir together first 3 ingredients in a small bowl. Slowly whisk in oil until well blended; add salt and pepper.

Nutrition Facts



Properties

Glycemic Index:18.8, Glycemic Load:0.09, Inflammation Score:-1, Nutrition Score:1.7539130744079%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg 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: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 154.46kcal (7.72%), Fat: 17.01g (26.17%), Saturated Fat: 2.34g (14.6%), Carbohydrates: 0.6g (0.2%), Net Carbohydrates: 0.3g (0.11%), Sugar: 0.09g (0.1%), Cholesterol: 0mg (0%), Sodium: 260.73mg (11.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.31g (0.61%), Vitamin E: 2.44mg (16.28%), Vitamin K: 10.38µg (9.88%), Selenium: 2.13µg (3.04%), Manganese: 0.05mg (2.55%), Iron: 0.24mg (1.32%), Fiber: 0.3g (1.18%)