



Greek Salad Dressing



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



23 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 3 garlic clove
- ☐ 1.3 cups juice of lemon fresh
- ☐ 0.8 cup olive oil
- ☐ 1 teaspoon pepper
- ☐ 1 teaspoon salt

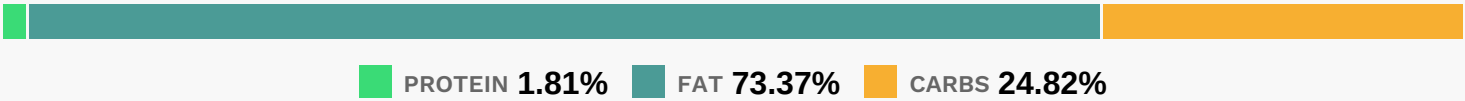
Equipment

- ☐ food processor
- ☐ blender

Directions

- ☐
- Pulse first 3 ingredients in a food processor or blender until chopped.
- ☐
- Add lemon juice, and pulse three times. With food processor running, pour oil through food chute in a slow, steady stream; process until smooth.

Nutrition Facts



Properties

Glycemic Index:3.88, Glycemic Load:0.07, Inflammation Score:-1, Nutrition Score:0.85913042205831%

Flavonoids

Eriodictyol: 0.93mg, Eriodictyol: 0.93mg, Eriodictyol: 0.93mg, Eriodictyol: 0.93mg Hesperetin: 2.76mg, Hesperetin: 2.76mg, Hesperetin: 2.76mg Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 23.25kcal (1.16%), Fat: 2.08g (3.2%), Saturated Fat: 0.29g (1.81%), Carbohydrates: 1.58g (0.53%), Net Carbohydrates: 1.48g (0.54%), Sugar: 0.49g (0.54%), Cholesterol: 0mg (0%), Sodium: 145.69mg (6.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.12g (0.23%), Vitamin C: 7.55mg (9.15%), Vitamin E: 0.32mg (2.15%), Manganese: 0.03mg (1.4%), Vitamin K: 1.43µg (1.36%)