

Greek Vinaigrette



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



5

CALORIES



70 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon basil dried fresh chopped (or 1 teaspoon)
- ☐ 3 garlic cloves minced
- ☐ 3 tablespoons juice of lemon (1lemon)
- ☐ 0.8 cup olive oil
- ☐ 1 teaspoon oregano dried fresh chopped (or)
- ☐ 5 servings pepper freshly ground to taste
- ☐ 0.5 cup red wine vinegar
- ☐ 5 servings salt to taste

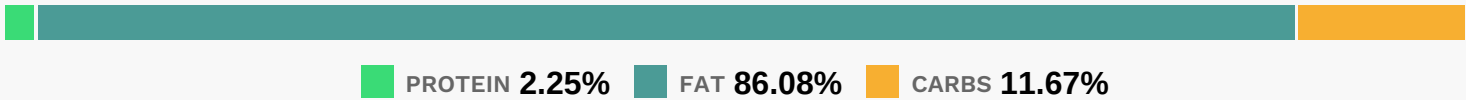
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Combine first 6 ingredients in a medium bowl. Slowly whisk in oil until blended. Season with salt and pepper. Keep refrigerated in an airtight container for up to 1 week.

Nutrition Facts



Properties

Glycemic Index:13.4, Glycemic Load:0.19, Inflammation Score:-4, Nutrition Score:2.7660869696866%

Flavonoids

Eriodictyol: 0.44mg, Eriodictyol: 0.44mg, Eriodictyol: 0.44mg, Eriodictyol: 0.44mg Hesperetin: 1.3mg, Hesperetin: 1.3mg, Hesperetin: 1.3mg, Hesperetin: 1.3mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg 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: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 69.66kcal (3.48%), Fat: 6.56g (10.1%), Saturated Fat: 0.92g (5.78%), Carbohydrates: 2g (0.67%), Net Carbohydrates: 1.44g (0.52%), Sugar: 0.28g (0.31%), Cholesterol: 0mg (0%), Sodium: 196.96mg (8.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.39g (0.77%), Vitamin K: 20.3µg (19.33%), Manganese: 0.15mg (7.69%), Vitamin E: 1.11mg (7.38%), Iron: 1.06mg (5.88%), Vitamin C: 4.18mg (5.07%), Calcium: 30.17mg (3.02%), Fiber: 0.56g (2.25%), Magnesium: 8.89mg (2.22%), Vitamin B6: 0.04mg (2.08%), Potassium: 53.32mg (1.52%), Copper: 0.03mg (1.5%), Folate: 5.3µg (1.32%)