



Grilled Lemon Vinaigrette



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



79 kcal

SIDE DISH

Ingredients

- ☐ 2 teaspoons kosher salt
- ☐ 3 large lemons halved lengthwise
- ☐ 1 cup olive oil extra-virgin

Equipment

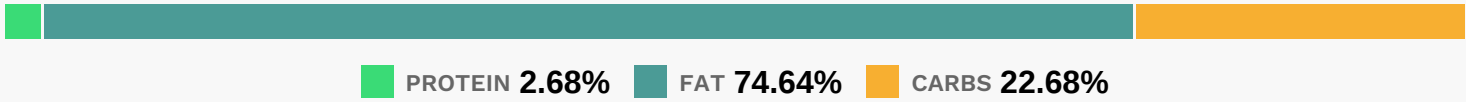
- ☐ bowl
- ☐ sieve
- ☐ wooden spoon
- ☐ grill

☐ broiler

Directions

- ☐ Light a grill or preheat the broiler. Grill or broil the lemon slices until charred on both sides.
- ☐ Transfer the lemons to a large coarse strainer set over a bowl. Using a wooden spoon, crush all of the juice from the lemons; discard the skins and seeds. Stir in the olive oil and salt.

Nutrition Facts



Properties

Glycemic Index:4.25, Glycemic Load:0.9, Inflammation Score:-2, Nutrition Score:3.0295651736467%

Flavonoids

Eriodictyol: 11.53mg, Eriodictyol: 11.53mg, Eriodictyol: 11.53mg, Eriodictyol: 11.53mg Hesperetin: 15.07mg, Hesperetin: 15.07mg, Hesperetin: 15.07mg, Hesperetin: 15.07mg Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 1.07mg, Luteolin: 1.07mg, Luteolin: 1.07mg, Luteolin: 1.07mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg

Nutrients (% of daily need)

Calories: 79.31kcal (3.97%), Fat: 7.36g (11.33%), Saturated Fat: 1.01g (6.34%), Carbohydrates: 5.03g (1.68%), Net Carbohydrates: 3.52g (1.28%), Sugar: 1.35g (1.5%), Cholesterol: 0mg (0%), Sodium: 776.38mg (33.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.59g (1.19%), Vitamin C: 28.62mg (34.69%), Vitamin E: 1.12mg (7.45%), Fiber: 1.51g (6.05%), Vitamin K: 4.33µg (4.13%), Vitamin B6: 0.04mg (2.16%), Potassium: 74.75mg (2.14%), Iron: 0.37mg (2.06%), Folate: 5.94µg (1.49%), Calcium: 14.59mg (1.46%), Vitamin B1: 0.02mg (1.44%), Magnesium: 4.34mg (1.09%), Vitamin B5: 0.1mg (1.03%), Copper: 0.02mg (1.03%)