



Herb Dressing



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



75 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup capers drained
- ☐ 2 teaspoons basil dried
- ☐ 2 teaspoons marjoram dried
- ☐ 2 teaspoons thyme dried
- ☐ 0.5 teaspoon ground mustard dry
- ☐ 2 spring onion chopped
- ☐ 1 cup olive oil
- ☐ 2 teaspoons oregano dried

- ☐ 0.5 teaspoon pepper freshly ground
- ☐ 0.5 cup red wine vinegar
- ☐ 0.5 teaspoon salt

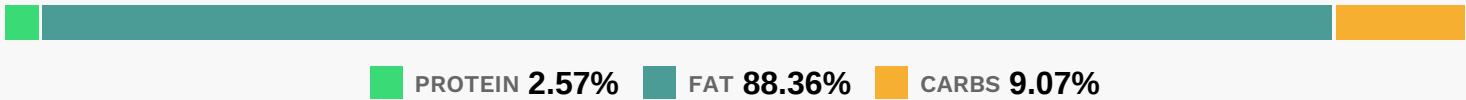
Equipment

- ☐ whisk

Directions

- ☐ Whisk together all ingredients.

Nutrition Facts



Properties

Glycemic Index:11.5, Glycemic Load:0.09, Inflammation Score:-7, Nutrition Score:3.3508696115535%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 9.63mg, Kaempferol: 9.63mg, Kaempferol: 9.63mg, Kaempferol: 9.63mg Quercetin: 13.01mg, Quercetin: 13.01mg, Quercetin: 13.01mg, Quercetin: 13.01mg

Nutrients (% of daily need)

Calories: 75.21kcal (3.76%), Fat: 7.41g (11.39%), Saturated Fat: 1.04g (6.53%), Carbohydrates: 1.71g (0.57%), Net Carbohydrates: 0.76g (0.28%), Sugar: 0.18g (0.2%), Cholesterol: 0mg (0%), Sodium: 398.76mg (17.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.49g (0.97%), Vitamin K: 30.47µg (29.02%), Vitamin E: 1.32mg (8.77%), Iron: 1.33mg (7.38%), Manganese: 0.14mg (7.05%), Fiber: 0.95g (3.78%), Calcium: 33.44mg (3.34%), Copper: 0.05mg (2.52%), Magnesium: 9.93mg (2.48%), Folate: 8.15µg (2.04%), Vitamin C: 1.38mg (1.67%), Vitamin A: 80.08IU (1.6%), Vitamin B2: 0.02mg (1.35%), Potassium: 45.67mg (1.3%)