



Honey-Lemon Dressing



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



273 kcal

SIDE DISH

Ingredients

- 1 tablespoon honey
- 2 servings kosher salt and pepper freshly ground
- 1 tablespoon juice of lemon fresh
- 1 teaspoon lemon zest finely grated
- 0.3 cup olive oil extra-virgin
- 0.5 teaspoon thyme leaves chopped

Equipment

- bowl

whisk

Directions

In a small bowl, whisk the lemon juice with the lemon zest, honey and thyme.

Whisk in the olive oil and season with salt and pepper.

Nutrition Facts

PROTEIN 0.14% **FAT 86.43%** **CARBS 13.43%**

Properties

Glycemic Index:48.64, Glycemic Load:4.54, Inflammation Score:-4, Nutrition Score:2.4352173740449%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 273.23kcal (13.66%), Fat: 27.03g (41.58%), Saturated Fat: 3.73g (23.32%), Carbohydrates: 9.45g (3.15%), Net Carbohydrates: 9.23g (3.36%), Sugar: 8.85g (9.83%), Cholesterol: 0mg (0%), Sodium: 194.93mg (8.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.1g (0.2%), Vitamin E: 3.9mg (26.01%), Vitamin K: 16.25µg (15.48%), Vitamin C: 5.05mg (6.12%), Iron: 0.3mg (1.66%)