



Honeyed Lemon-Dijon Vinaigrette



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



32

CALORIES



19 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.8 teaspoon pepper black freshly ground
- ☐ 2 tablespoons capers
- ☐ 2 teaspoons dijon mustard
- ☐ 0.3 cup olive oil extravirgin
- ☐ 0.3 cup optional: dill fresh chopped
- ☐ 2 garlic clove minced
- ☐ 4 teaspoons honey
- ☐ 2 tablespoons juice of lemon fresh

- ☐ 1 tablespoon lemon zest grated
- ☐ 0.5 teaspoon hot sauce hot
- ☐ 2 tablespoons onion red chopped
- ☐ 1 teaspoon salt
- ☐ 0.3 cup water boiling
- ☐ 0.3 cup citrus champagne vinegar

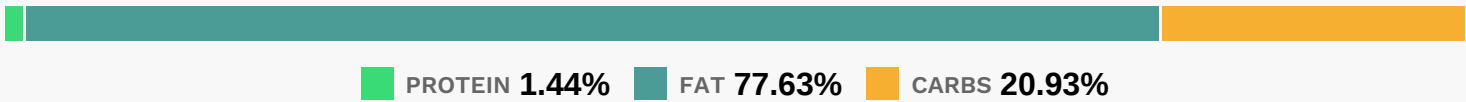
Equipment

- ☐ blender

Directions

- ☐ Combine first 12 ingredients in a blender; process until mixture is smooth.
- ☐ Add water and olive oil; process until well combined.
- ☐ Note: Refrigerate vinaigrette in an airtight container for up to five days, and stir well before using.

Nutrition Facts



Properties

Glycemic Index:5.88, Glycemic Load:0.42, Inflammation Score:-1, Nutrition Score:0.38652173883241%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.19mg, Isorhamnetin: 0.19mg, Isorhamnetin: 0.19mg, Isorhamnetin: 0.19mg Kaempferol: 0.71mg, Kaempferol: 0.71mg, Kaempferol: 0.71mg, Kaempferol: 0.71mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.2mg, Quercetin: 1.2mg, Quercetin: 1.2mg, Quercetin: 1.2mg

Nutrients (% of daily need)

Calories: 19.34kcal (0.97%), Fat: 1.71g (2.63%), Saturated Fat: 0.24g (1.48%), Carbohydrates: 1.04g (0.35%), Net Carbohydrates: 0.95g (0.35%), Sugar: 0.79g (0.87%), Cholesterol: 0mg (0%), Sodium: 92.26mg (4.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.07g (0.14%), Vitamin E: 0.25mg (1.67%), Vitamin C: 1.1mg (1.34%),

Vitamin K: 1.23µg (1.17%)