



Italian Dressing



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



4

CALORIES



71 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 tablespoons flat-leaf parsley fresh chopped
- ☐ 2 garlic cloves minced
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 1 tablespoon oregano fresh chopped
- ☐ 0.3 cup red wine vinegar
- ☐ 0.3 teaspoon salt

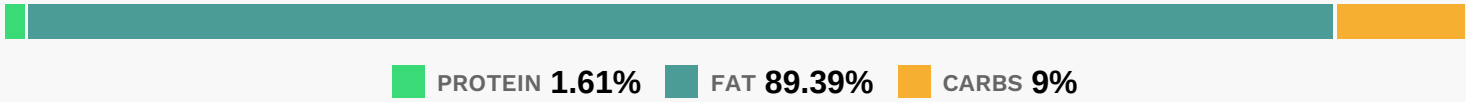
Equipment

whisk

Directions

Combine all ingredients, stirring with a whisk.

Nutrition Facts



Properties

Glycemic Index:24.75, Glycemic Load:0.19, Inflammation Score:-8, Nutrition Score:3.6604347397452%

Flavonoids

Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 71.3kcal (3.56%), Fat: 7.08g (10.89%), Saturated Fat: 0.99g (6.19%), Carbohydrates: 1.6g (0.53%), Net Carbohydrates: 0.94g (0.34%), Sugar: 0.08g (0.09%), Cholesterol: 0mg (0%), Sodium: 148.39mg (6.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.29g (0.57%), Vitamin K: 45.02µg (42.87%), Vitamin E: 1.25mg (8.36%), Manganese: 0.11mg (5.69%), Iron: 0.73mg (4.05%), Vitamin C: 3.23mg (3.92%), Vitamin A: 190.56IU (3.81%), Calcium: 27.05mg (2.7%), Fiber: 0.66g (2.64%), Vitamin B6: 0.03mg (1.69%), Folate: 6.07µg (1.52%), Magnesium: 5.57mg (1.39%), Potassium: 40.43mg (1.16%)