



Lebanese Lemon Salad Dressing



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular

READY IN



20 min.

SERVINGS



4

CALORIES



58 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients



3 cloves garlic minced



4 servings ground pepper black to taste



1 teaspoon kosher salt



0.5 cup juice of lemon fresh



0.5 cup mild olive oil extra-virgin

Equipment



bowl

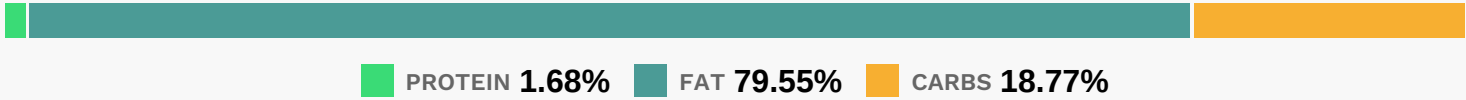


whisk

Directions

In a medium bowl, whisk together the lemon juice, olive oil, garlic, salt and pepper. Stir just before serving.

Nutrition Facts



Properties

Glycemic Index:15.5, Glycemic Load:0.22, Inflammation Score:-1, Nutrition Score:1.6652173913367%

Flavonoids

Eriodictyol: 1.49mg, Eriodictyol: 1.49mg, Eriodictyol: 1.49mg, Eriodictyol: 1.49mg Hesperetin: 4.41mg, Hesperetin: 4.41mg, Hesperetin: 4.41mg, Hesperetin: 4.41mg Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 58.05kcal (2.9%), Fat: 5.49g (8.44%), Saturated Fat: 0.76g (4.75%), Carbohydrates: 2.91g (0.97%), Net Carbohydrates: 2.75g (1%), Sugar: 0.79g (0.88%), Cholesterol: 0mg (0%), Sodium: 582.19mg (25.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.26g (0.52%), Vitamin C: 12.51mg (15.16%), Vitamin E: 0.83mg (5.51%), Vitamin K: 3.45µg (3.29%), Manganese: 0.06mg (2.78%), Vitamin B6: 0.04mg (2.11%), Folate: 6.18µg (1.55%), Potassium: 41.94mg (1.2%)