



## Lemon-Anchovy Dressing

 **Gluten Free**  **Dairy Free**

READY IN



**45 min.**

SERVINGS



**8**

CALORIES



**50 kcal**

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1 fillet anchovy canned rinsed
- 1.5 teaspoons dijon mustard
- 2 tablespoons flat-leaf parsley leaves fresh
- 3 garlic cloves
- 2 tablespoons juice of lemon fresh
- 3 tablespoons olive oil extra-virgin
- 0.5 teaspoon salt
- 3 tablespoons water

# Equipment

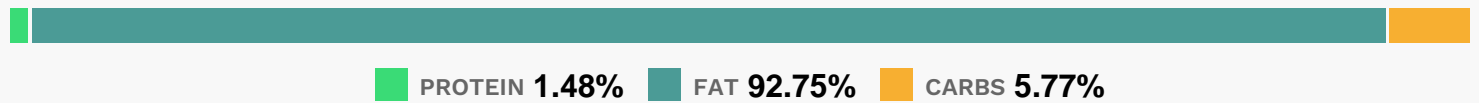
blender

# Directions

Combine first 7 ingredients in a blender; process until smooth. With blender on, slowly add oil. Process until blended.

Note: Store in an airtight container in the refrigerator up to one week.

# Nutrition Facts



# Properties

Glycemic Index:11.75, Glycemic Load:0.12, Inflammation Score:-1, Nutrition Score:1.6330434841144%

# Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

# Nutrients (% of daily need)

Calories: 50.11kcal (2.51%), Fat: 5.32g (8.18%), Saturated Fat: 0.73g (4.58%), Carbohydrates: 0.74g (0.25%), Net Carbohydrates: 0.64g (0.23%), Sugar: 0.13g (0.14%), Cholesterol: 0.11mg (0.04%), Sodium: 161.42mg (7.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.19g (0.38%), Vitamin K: 19.61µg (18.68%), Vitamin E: 0.78mg (5.18%), Vitamin C: 3.14mg (3.8%), Vitamin A: 85.28IU (1.71%), Manganese: 0.03mg (1.26%)