



Lemon-Basil Vinaigrette



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



263 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 tablespoon basil fresh chopped
- ☐ 1 garlic clove minced
- ☐ 0.3 cup juice of lemon fresh
- ☐ 0.3 cup olive oil
- ☐ 1 teaspoon sugar
- ☐ 0.5 teaspoon salt
- ☐ 1 tablespoon balsamic vinegar white

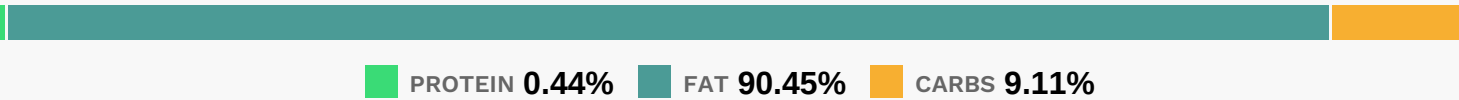
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Whisk together olive oil, lemon juice, basil, vinegar, garlic, sugar, salt, and pepper in a small bowl until blended. Refrigerate up to 2 days.

Nutrition Facts



Properties

Glycemic Index:126.05, Glycemic Load:2.26, Inflammation Score:-1, Nutrition Score:3.5056521633397%

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 Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 263.22kcal (13.16%), Fat: 27.1g (41.69%), Saturated Fat: 3.74g (23.4%), Carbohydrates: 6.14g (2.05%), Net Carbohydrates: 5.94g (2.16%), Sugar: 3.98g (4.42%), Cholesterol: 0mg (0%), Sodium: 584.42mg (25.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.3g (0.6%), Vitamin E: 3.95mg (26.3%), Vitamin K: 20.84µg (19.85%), Vitamin C: 12.45mg (15.09%), Manganese: 0.08mg (4.21%), Iron: 0.32mg (1.78%), Vitamin B6: 0.03mg (1.75%), Folate: 6.87µg (1.72%), Potassium: 53.09mg (1.52%), Vitamin A: 56.08IU (1.12%), Magnesium: 4.25mg (1.06%), Calcium: 10.23mg (1.02%)