



Lemon-Caper Vinaigrette



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



4 min.

SERVINGS



16

CALORIES



10 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 tablespoon capers drained
- ☐ 0.5 teaspoon dijon mustard
- ☐ 3 tablespoons juice of lemon fresh
- ☐ 1 tablespoon olive oil
- ☐ 2.5 tablespoons shallots minced (1 small)

Equipment

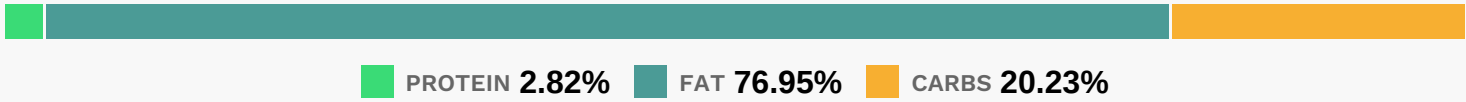
- ☐ bowl

whisk

Directions

Combine all ingredients in a small bowl, stirring with a whisk.

Nutrition Facts



Properties

Glycemic Index:5.88, Glycemic Load:0.07, Inflammation Score:-1, Nutrition Score:0.29260869656244%

Flavonoids

Eriodictyol: 0.14mg, Eriodictyol: 0.14mg, Eriodictyol: 0.14mg, Eriodictyol: 0.14mg Hesperetin: 0.41mg, Hesperetin: 0.41mg, Hesperetin: 0.41mg, Hesperetin: 0.41mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Kaempferol: 0.66mg, Kaempferol: 0.66mg, Kaempferol: 0.66mg, Kaempferol: 0.66mg Quercetin: 0.87mg, Quercetin: 0.87mg, Quercetin: 0.87mg, Quercetin: 0.87mg

Nutrients (% of daily need)

Calories: 9.85kcal (0.49%), Fat: 0.89g (1.38%), Saturated Fat: 0.12g (0.78%), Carbohydrates: 0.53g (0.18%), Net Carbohydrates: 0.43g (0.16%), Sugar: 0.2g (0.22%), Cholesterol: 0mg (0%), Sodium: 15.81mg (0.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.07g (0.15%), Vitamin C: 1.24mg (1.5%)