



Lemon-Dill Vinaigrette



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



3

CALORIES



71 kcal

SIDE DISH

Ingredients

- ☐ 1 teaspoon dijon mustard
- ☐ 1.5 tablespoons optional: dill fresh chopped
- ☐ 0.3 cup juice of lemon fresh
- ☐ 2 teaspoons lemon zest
- ☐ 0.5 cup olive oil
- ☐ 3 servings salt and pepper to taste
- ☐ 0.3 teaspoon sugar

Equipment

☐

whisk

Directions

- ☐ Whisk together olive oil, dill, lemon zest, lemon juice, Dijon mustard, and sugar. Season with salt and pepper to taste.
- ☐ Serve immediately, or store in an airtight container in refrigerator up to 3 days.

Nutrition Facts



Properties

Glycemic Index:39.03, Glycemic Load:0.24, Inflammation Score:-1, Nutrition Score:1.4234782664672%

Flavonoids

Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg Hesperetin: 2.94mg, Hesperetin: 2.94mg, Hesperetin: 2.94mg, Hesperetin: 2.94mg Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 71.13kcal (3.56%), Fat: 7.31g (11.25%), Saturated Fat: 1.01g (6.29%), Carbohydrates: 2.05g (0.68%), Net Carbohydrates: 1.77g (0.64%), Sugar: 0.92g (1.03%), Cholesterol: 0mg (0%), Sodium: 212.68mg (9.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.17g (0.34%), Vitamin C: 9.77mg (11.84%), Vitamin E: 1.08mg (7.18%), Vitamin K: 4.36µg (4.15%), Folate: 4.66µg (1.16%), Fiber: 0.28g (1.11%)