



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

PROTEIN 0.9% **FAT 88.11%** **CARBS 10.99%**

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%)