



Lemon Dressing



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



55 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 2 teaspoons dijon mustard
- ☐ 2 garlic clove minced
- ☐ 1 teaspoon kosher salt
- ☐ 0.3 cup juice of lemon fresh
- ☐ 0.5 cup olive oil

Equipment

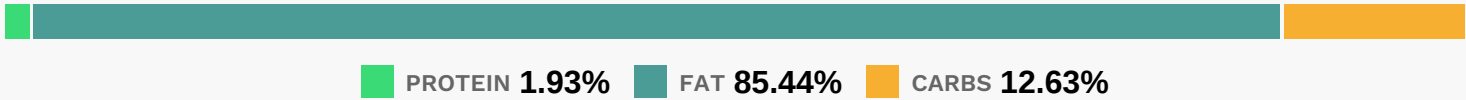
- ☐ bowl

whisk

Directions

Whisk together lemon juice, minced garlic, Dijon mustard, kosher salt, and freshly ground black pepper in a small bowl; add olive oil in a slow, steady stream, whisking constantly until smooth.

Nutrition Facts



Properties

Glycemic Index:23.5, Glycemic Load:0.18, Inflammation Score:-1, Nutrition Score:1.3665217368499%

Flavonoids

Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg 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: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 55.48kcal (2.77%), Fat: 5.54g (8.52%), Saturated Fat: 0.76g (4.77%), Carbohydrates: 1.84g (0.61%), Net Carbohydrates: 1.59g (0.58%), Sugar: 0.44g (0.48%), Cholesterol: 0mg (0%), Sodium: 609.44mg (26.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.28g (0.56%), Vitamin C: 6.38mg (7.73%), Vitamin E: 0.81mg (5.42%), Vitamin K: 3.72µg (3.55%), Manganese: 0.07mg (3.54%), Selenium: 1.09µg (1.56%), Vitamin B6: 0.03mg (1.4%)