

Lemon Dressing



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



4

CALORIES



128 kcal

SIDE DISH

Ingredients

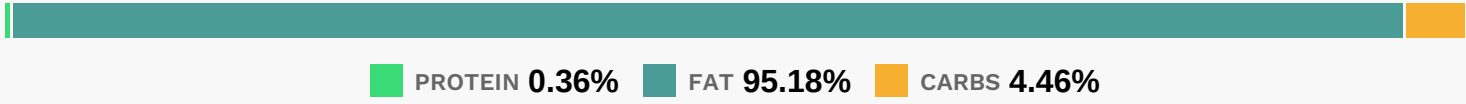
- ☐ 1 teaspoon garlic minced
- ☐ 1 teaspoon lemon rind grated
- ☐ 1 teaspoon mustard prepared
- ☐ 0.3 cup olive oil
- ☐ 1 teaspoon sugar white
- ☐ 0.3 cup citrus champagne vinegar

Equipment

Directions

In a glass jar, combine olive oil, vinegar, mustard, garlic, sugar, and lemon rind; shake well. Refrigerate until ready to serve.

Nutrition Facts



Properties

Glycemic Index:33.02, Glycemic Load:0.77, Inflammation Score:-1, Nutrition Score:1.238695650483%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 128.14kcal (6.41%), Fat: 13.55g (20.85%), Saturated Fat: 1.87g (11.67%), Carbohydrates: 1.43g (0.48%), Net Carbohydrates: 1.31g (0.48%), Sugar: 1.04g (1.16%), Cholesterol: 0mg (0%), Sodium: 15.38mg (0.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.11g (0.23%), Vitamin E: 1.95mg (13%), Vitamin K: 8.16µg (7.77%), Manganese: 0.02mg (1.23%), Vitamin C: 0.96mg (1.16%)