



Lemon-Garlic Vinaigrette

 Gluten Free  Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



88 kcal

SIDE DISH

Ingredients

- 6 anchovy finely chopped
- 1 teaspoon pepper black freshly ground
- 3 medium garlic clove finely chopped
- 1 teaspoon kosher salt
- 0.3 cup juice of lemon freshly squeezed (from 1 to 2 medium lemons)
- 2 teaspoons lemon zest finely grated
- 0.8 cup olive oil extra virgin extra-virgin

Equipment

bowl

whisk

Directions

Place all of the ingredients except the oil in a medium nonreactive bowl, stir to combine, and let sit for 15 minutes. Then, while whisking continuously, add the oil in a slow, steady stream until it's fully incorporated. Refrigerate in a container with a tightfitting lid for up to 4 days.

Nutrition Facts

 **PROTEIN 6.51%**  **FAT 83.5%**  **CARBS 9.99%**

Properties

Glycemic Index:15.5, Glycemic Load:0.27, Inflammation Score:-1, Nutrition Score:2.4226086826428%

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: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 87.9kcal (4.39%), Fat: 8.46g (13.01%), Saturated Fat: 1.21g (7.56%), Carbohydrates: 2.28g (0.76%), Net Carbohydrates: 1.95g (0.71%), Sugar: 0.45g (0.5%), Cholesterol: 3.6mg (1.2%), Sodium: 588.47mg (25.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.48g (2.97%), Vitamin C: 7.89mg (9.57%), Vitamin E: 1.23mg (8.22%), Vitamin K: 5.74µg (5.47%), Manganese: 0.11mg (5.45%), Vitamin B3: 0.88mg (4.4%), Selenium: 2.56µg (3.65%), Vitamin B6: 0.05mg (2.33%), Iron: 0.35mg (1.96%), Calcium: 17.8mg (1.78%), Potassium: 56.16mg (1.6%), Phosphorus: 16.01mg (1.6%), Copper: 0.03mg (1.49%), Fiber: 0.33g (1.3%), Vitamin B2: 0.02mg (1.28%), Magnesium: 4.96mg (1.24%)