



## Lemon-Herb Dressing



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



3

CALORIES



74 kcal

SIDE DISH

## Ingredients

- ☐ 1 tablespoon mint leaves fresh chopped
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 3 tablespoons juice of lemon
- ☐ 0.5 cup olive oil
- ☐ 1 tablespoon oregano fresh chopped
- ☐ 0.5 teaspoon pepper
- ☐ 0.5 teaspoon salt

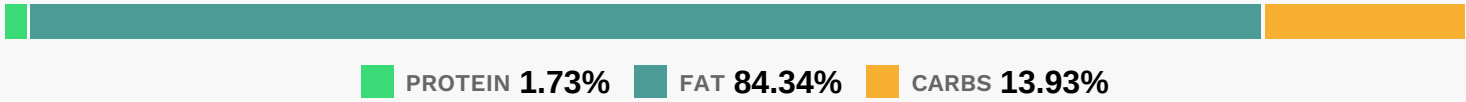
## Equipment

whisk

## Directions

Whisk together all ingredients until well blended; chill.

## Nutrition Facts



## Properties

Glycemic Index:23, Glycemic Load:0.08, Inflammation Score:-9, Nutrition Score:3.9956521974958%

## Flavonoids

Eriodictyol: 1.25mg, Eriodictyol: 1.25mg, Eriodictyol: 1.25mg, Eriodictyol: 1.25mg Hesperetin: 2.34mg, Hesperetin: 2.34mg, Hesperetin: 2.34mg, Hesperetin: 2.34mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 2.99mg, Apigenin: 2.99mg, Apigenin: 2.99mg, Apigenin: 2.99mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

## Nutrients (% of daily need)

Calories: 73.85kcal (3.69%), Fat: 7.34g (11.3%), Saturated Fat: 1.04g (6.47%), Carbohydrates: 2.73g (0.91%), Net Carbohydrates: 1.71g (0.62%), Sugar: 0.46g (0.51%), Cholesterol: 0mg (0%), Sodium: 389.62mg (16.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.34g (0.68%), Vitamin K: 37.11µg (35.34%), Vitamin C: 8.15mg (9.87%), Vitamin E: 1.38mg (9.18%), Manganese: 0.15mg (7.51%), Iron: 0.87mg (4.83%), Vitamin A: 214.19IU (4.28%), Fiber: 1.01g (4.06%), Calcium: 35.2mg (3.52%), Folate: 10.93µg (2.73%), Magnesium: 7.98mg (2%), Potassium: 57.9mg (1.65%), Vitamin B6: 0.03mg (1.43%), Copper: 0.03mg (1.26%), Vitamin B2: 0.02mg (1.02%)