



Lemon-Herb Dressing With Chives and Tarragon



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



10

CALORIES



73 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup canola oil
- ☐ 3 tablespoons chives fresh chopped
- ☐ 1 tablespoon tarragon fresh chopped
- ☐ 1 tablespoon dijon honey mustard
- ☐ 0.3 cup juice of lemon fresh
- ☐ 1 teaspoon lemon zest
- ☐ 0.5 teaspoon pepper dried red crushed

☐

1 teaspoon salt

Equipment

☐

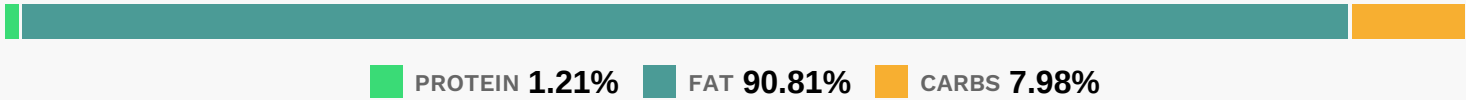
whisk

Directions

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Whisk together all ingredients until blended.

Nutrition Facts



Properties

Glycemic Index:11.5, Glycemic Load:0.22, Inflammation Score:-1, Nutrition Score:1.525652166294%

Flavonoids

Eriodictyol: 0.3mg, Eriodictyol: 0.3mg, Eriodictyol: 0.3mg, Eriodictyol: 0.3mg Hesperetin: 0.88mg, Hesperetin: 0.88mg, Hesperetin: 0.88mg, Hesperetin: 0.88mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 73.06kcal (3.65%), Fat: 7.55g (11.62%), Saturated Fat: 0.57g (3.56%), Carbohydrates: 1.49g (0.5%), Net Carbohydrates: 1.34g (0.49%), Sugar: 0.49g (0.54%), Cholesterol: 0mg (0%), Sodium: 242.22mg (10.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.23g (0.45%), Vitamin E: 1.36mg (9.04%), Vitamin K: 7.35µg (7%), Vitamin C: 3.49mg (4.23%), Manganese: 0.06mg (3.11%), Vitamin A: 98.69IU (1.97%), Iron: 0.27mg (1.48%), Vitamin B6: 0.02mg (1.17%), Folate: 4.14µg (1.03%)