



Lemon-Herb Vinaigrette



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



2

CALORIES



245 kcal

SIDE DISH

Ingredients

- ☐ 1 teaspoon dijon mustard
- ☐ 1 tablespoon basil fresh chopped
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 2 tablespoons juice of lemon
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 1 teaspoon red wine vinegar
- ☐ 0.1 teaspoon salt

Equipment

Directions

☐ In a small jar with a tight-fitting lid, combine all the ingredients. Cover and shake vigorously. Season to taste with freshly ground pepper.

Nutrition Facts



Properties

Glycemic Index:67, Glycemic Load:0.03, Inflammation Score:-3, Nutrition Score:4.6056521716325%

Flavonoids

Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 4.33mg, Apigenin: 4.33mg, Apigenin: 4.33mg, Apigenin: 4.33mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 244.93kcal (12.25%), Fat: 27.14g (41.76%), Saturated Fat: 3.74g (23.38%), Carbohydrates: 1.33g (0.44%), Net Carbohydrates: 1.09g (0.4%), Sugar: 0.43g (0.48%), Cholesterol: 0mg (0%), Sodium: 174.89mg (7.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.25g (0.5%), Vitamin K: 53.24µg (50.71%), Vitamin E: 3.94mg (26.28%), Vitamin C: 8.67mg (10.51%), Vitamin A: 223.9IU (4.48%), Iron: 0.37mg (2.06%), Folate: 6.89µg (1.72%), Manganese: 0.03mg (1.42%), Selenium: 0.87µg (1.24%)