



## Lemon-Maple Vinaigrette

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



86 kcal

SIDE DISH

### Ingredients

- 0.1 teaspoon pepper black freshly ground
- 1 tablespoon dijon mustard
- 0.5 teaspoon kosher salt
- 0.3 cup juice of lemon fresh
- 2 tablespoons maple syrup
- 1 cup olive oil extra-virgin

### Equipment

- whisk

## Directions

Combine all ingredients, stirring well with a whisk. Cover and chill until ready to serve.

## Nutrition Facts

**PROTEIN 0.67%** **FAT 74.94%** **CARBS 24.39%**

## Properties

Glycemic Index:16.75, Glycemic Load:1.65, Inflammation Score:-1, Nutrition Score:1.6482608909516%

## Flavonoids

Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

## Nutrients (% of daily need)

Calories: 85.51kcal (4.28%), Fat: 7.31g (11.25%), Saturated Fat: 1g (6.28%), Carbohydrates: 5.35g (1.78%), Net Carbohydrates: 5.2g (1.89%), Sugar: 4.29g (4.76%), Cholesterol: 0mg (0%), Sodium: 222.14mg (9.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.15g (0.29%), Manganese: 0.17mg (8.54%), Vitamin E: 1.06mg (7.07%), Vitamin B2: 0.09mg (5.17%), Vitamin C: 3.94mg (4.78%), Vitamin K: 4.44µg (4.23%), Selenium: 0.86µg (1.23%)