



Lemon-Mint Vinaigrette



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



10 min.

SERVINGS



10

CALORIES



44 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon dijon mustard
- ☐ 0.5 cup olive oil extra virgin
- ☐ 2 tablespoons mint leaves fresh finely chopped
- ☐ 2 tablespoons parsley fresh finely chopped
- ☐ 6 tablespoons juice of lemon fresh
- ☐ 0.5 cup olive oil
- ☐ 0.5 teaspoon pepper
- ☐ 0.5 teaspoon salt

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 1 teaspoon sugar

Equipment

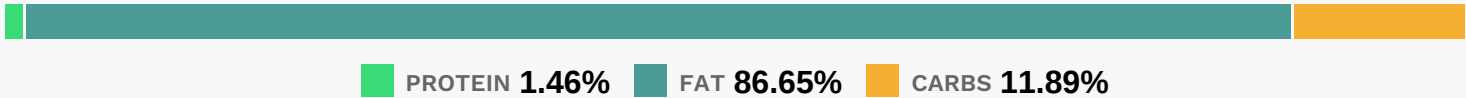
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 whisk

Directions

- ☐ Whisk together all ingredients. Store in an airtight container in the refrigerator up to 2 weeks.
- ☐ Let chilled vinaigrette come to room temperature before serving.

Nutrition Facts



Properties

Glycemic Index:16.61, Glycemic Load:0.3, Inflammation Score:-1, Nutrition Score:1.6291304327871%

Flavonoids

Eriodictyol: 0.75mg, Eriodictyol: 0.75mg, Eriodictyol: 0.75mg, Eriodictyol: 0.75mg Hesperetin: 1.4mg, Hesperetin: 1.4mg, Hesperetin: 1.4mg, Hesperetin: 1.4mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Apigenin: 1.8mg, Apigenin: 1.8mg, Apigenin: 1.8mg, Apigenin: 1.8mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 43.86kcal (2.19%), Fat: 4.41g (6.79%), Saturated Fat: 0.61g (3.8%), Carbohydrates: 1.36g (0.45%), Net Carbohydrates: 1.14g (0.41%), Sugar: 0.65g (0.73%), Cholesterol: 0mg (0%), Sodium: 133.73mg (5.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.17g (0.33%), Vitamin K: 15.91µg (15.15%), Vitamin C: 4.87mg (5.9%), Vitamin E: 0.65mg (4.32%), Vitamin A: 112.02IU (2.24%), Manganese: 0.03mg (1.67%), Folate: 4.28µg (1.07%)