



WHATSheATE



Lemon-Molasses Dressing



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



135 kcal

SIDE DISH

Ingredients



1 teaspoon dijon mustard



0.5 cup juice of lemon



1 teaspoon lemon zest grated



0.3 cup blackstrap molasses



2 tablespoons olive oil



0.3 teaspoon pepper freshly ground



0.3 teaspoon salt



2 tablespoons shallots minced

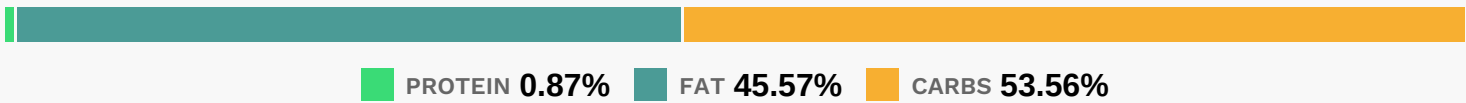
Equipment

☐ whisk

Directions

- ☐ Whisk together all ingredients.
- ☐ Serve over salad greens, or use as a marinade for grilled chicken, pork, seafood, or vegetables.

Nutrition Facts



Properties

Glycemic Index:34.5, Glycemic Load:7.15, Inflammation Score:-3, Nutrition Score:4.8708695905364%

Flavonoids

Eriodictyol: 1.49mg, Eriodictyol: 1.49mg, Eriodictyol: 1.49mg, Eriodictyol: 1.49mg Hesperetin: 4.41mg, Hesperetin: 4.41mg, Hesperetin: 4.41mg, Hesperetin: 4.41mg Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 134.58kcal (6.73%), Fat: 7.15g (11%), Saturated Fat: 0.99g (6.17%), Carbohydrates: 18.9g (6.3%), Net Carbohydrates: 18.51g (6.73%), Sugar: 16.94g (18.82%), Cholesterol: 0mg (0%), Sodium: 167.99mg (7.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.31g (0.61%), Manganese: 0.36mg (18.1%), Vitamin C: 12.85mg (15.58%), Magnesium: 54.74mg (13.69%), Potassium: 360.06mg (10.29%), Vitamin B6: 0.17mg (8.72%), Vitamin E: 1.06mg (7.08%), Iron: 1.15mg (6.42%), Selenium: 4.27µg (6.11%), Copper: 0.12mg (5.75%), Calcium: 49.03mg (4.9%), Vitamin K: 4.48µg (4.26%), Vitamin B5: 0.23mg (2.31%), Folate: 7.97µg (1.99%), Fiber: 0.39g (1.56%), Vitamin B1: 0.02mg (1.45%), Phosphorus: 13.58mg (1.36%), Vitamin B3: 0.24mg (1.22%)