



Lemon-Mustard Dressing



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



2

CALORIES



257 kcal

SIDE DISH

Ingredients



1.5 teaspoons mustard dry



0.3 cup juice of lemon



0.3 cup olive oil



0.5 teaspoon pepper

Equipment

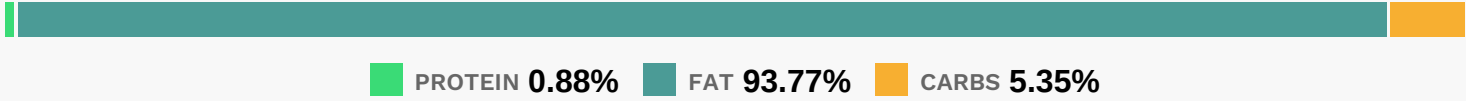


whisk

Directions

☐ Whisk together oil and next 3 ingredients.

Nutrition Facts



Properties

Glycemic Index:16, Glycemic Load:0.06, Inflammation Score:-2, Nutrition Score:3.9960869673802%

Flavonoids

Eriodictyol: 1.98mg, Eriodictyol: 1.98mg, Eriodictyol: 1.98mg, Eriodictyol: 1.98mg Hesperetin: 5.88mg, Hesperetin: 5.88mg, Hesperetin: 5.88mg, Hesperetin: 5.88mg Naringenin: 0.56mg, Naringenin: 0.56mg, Naringenin: 0.56mg, Naringenin: 0.56mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 256.5kcal (12.83%), Fat: 27.66g (42.55%), Saturated Fat: 3.78g (23.62%), Carbohydrates: 3.55g (1.18%), Net Carbohydrates: 3.12g (1.13%), Sugar: 1.13g (1.26%), Cholesterol: 0mg (0%), Sodium: 1.24mg (0.05%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 0.59g (1.17%), Vitamin E: 4.03mg (26.87%), Vitamin C: 15.84mg (19.21%), Vitamin K: 17.15µg (16.34%), Manganese: 0.11mg (5.27%), Selenium: 3.19µg (4.55%), Folate: 10.65µg (2.66%), Magnesium: 8.85mg (2.21%), Iron: 0.37mg (2.06%), Fiber: 0.43g (1.73%), Potassium: 59.87mg (1.71%), Phosphorus: 16.46mg (1.65%), Vitamin B1: 0.02mg (1.49%), Vitamin B6: 0.03mg (1.31%), Copper: 0.02mg (1.14%)