



Lemon Vinaigrette



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



57 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon dijon mustard
- ☐ 3 tablespoons juice of lemon fresh
- ☐ 0.1 teaspoon pepper freshly ground
- ☐ 0.3 teaspoon salt
- ☐ 0.5 teaspoon sugar
- ☐ 0.5 cup vegetable oil
- ☐ 3 tablespoons citrus champagne vinegar

Equipment

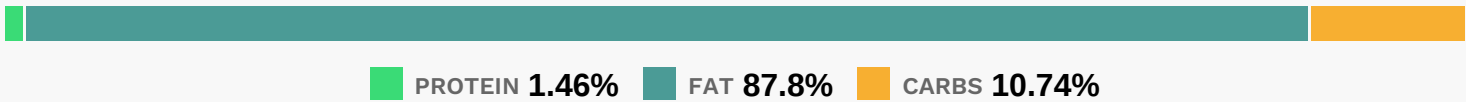
- ☐ bowl
- ☐ whisk

Directions

☐

Whisk together first 6 ingredients in a small bowl; gradually whisk in oil until blended.

Nutrition Facts



Properties

Glycemic Index:33.52, Glycemic Load:0.37, Inflammation Score:-1, Nutrition Score:1.2426086933069%

Flavonoids

Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 57.16kcal (2.86%), Fat: 5.61g (8.63%), Saturated Fat: 0.85g (5.29%), Carbohydrates: 1.54g (0.51%), Net Carbohydrates: 1.33g (0.48%), Sugar: 0.84g (0.93%), Cholesterol: 0mg (0%), Sodium: 187.62mg (8.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.21g (0.42%), Vitamin K: 10.18µg (9.7%), Vitamin C: 4.43mg (5.36%), Vitamin E: 0.48mg (3.18%), Selenium: 1.29µg (1.85%), Manganese: 0.03mg (1.53%)