



Magical Dressing

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



5 min.

SERVINGS



4

CALORIES



103 kcal

SIDE DISH

Ingredients

- 0.5 cup balsamic vinegar
- 2 tablespoons brown sugar
- 1 tablespoon juice of lemon
- 5 dashes lemon pepper
- 0.5 cup olive oil

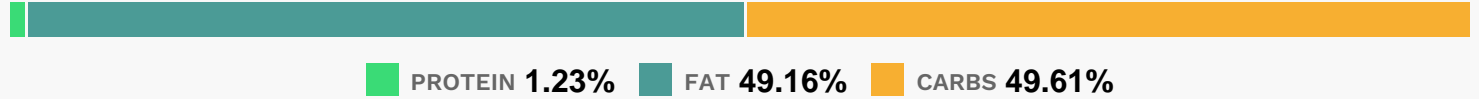
Equipment

- whisk
- funnel

Directions

- Whisk together oil, vinegar, lemon pepper, sugar and lemon juice. Use a funnel to pour into a clean bottle with a tight fitting lid. Shake bottle before using and pour over favorite green salad.

Nutrition Facts



Properties

Glycemic Index:20.5, Glycemic Load:2.87, Inflammation Score:-1, Nutrition Score:1.5569565299412%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 102.55kcal (5.13%), Fat: 5.45g (8.38%), Saturated Fat: 0.76g (4.78%), Carbohydrates: 12.37g (4.12%), Net Carbohydrates: 12.04g (4.38%), Sugar: 10.69g (11.88%), Cholesterol: 0mg (0%), Sodium: 9.41mg (0.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.31g (0.61%), Manganese: 0.21mg (10.27%), Vitamin E: 0.8mg (5.31%), Vitamin K: 5.3µg (5.04%), Iron: 0.43mg (2.37%), Calcium: 19.4mg (1.94%), Potassium: 64.21mg (1.83%), Vitamin C: 1.45mg (1.76%), Magnesium: 6.73mg (1.68%), Copper: 0.03mg (1.42%), Fiber: 0.33g (1.31%)