



Meyer Lemon Vinaigrette



Vegetarian



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



15

CALORIES



20 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 teaspoon balsamic vinegar
- ☐ 1 garlic clove minced
- ☐ 1 lemon zest
- ☐ 1 teaspoon mayonnaise
- ☐ 2 tablespoons meyer lemon juice (from 1 large lemon)
- ☐ 2 tablespoons olive oil extra virgin extra-virgin
- ☐ 0.3 tsp sea salt fine
- ☐ 0.5 teaspoon sugar

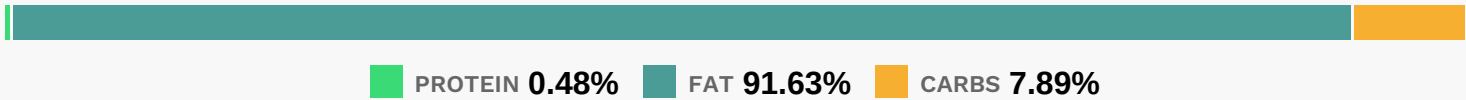
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Whisk vinaigrette ingredients together in a medium bowl until smoothly blended.
- ☐ Make ahead: Up to 1 week, chilled.

Nutrition Facts



Properties

Glycemic Index:15.04, Glycemic Load:0.14, Inflammation Score:-1, Nutrition Score:0.24652173685963%

Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.31mg, Hesperetin: 0.31mg, Hesperetin: 0.31mg, Hesperetin: 0.31mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 19.88kcal (0.99%), Fat: 2.07g (3.19%), Saturated Fat: 0.29g (1.81%), Carbohydrates: 0.4g (0.13%), Net Carbohydrates: 0.39g (0.14%), Sugar: 0.24g (0.26%), Cholesterol: 0.11mg (0.04%), Sodium: 40.62mg (1.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.02g (0.05%), Vitamin E: 0.28mg (1.87%), Vitamin K: 1.56µg (1.49%), Vitamin C: 0.87mg (1.06%)