



Mint and Lemon Dressing



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



130 min.

SERVINGS



4

CALORIES



162 kcal

SIDE DISH

Ingredients



1 tablespoon mint leaves fresh chopped



2 tablespoons juice of lemon



0.3 cup olive oil

Equipment

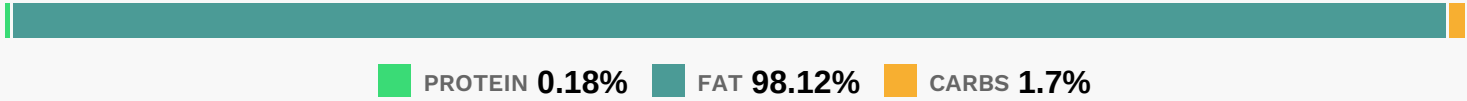


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Directions

- ☐
- Stir together olive oil, lemon juice, and 1 1/2 tablespoons of mint until well blended. Set aside for 2 hours.
- ☐
- Strain mint out of dressing with a fine mesh strainer. Stir in remaining 1 tablespoon chopped mint leaves and serve.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:1.6691304510864%

Flavonoids

Eriodictyol: 0.75mg, Eriodictyol: 0.75mg, Eriodictyol: 0.75mg, Eriodictyol: 0.75mg Hesperetin: 1.21mg, Hesperetin: 1.21mg, Hesperetin: 1.21mg, Hesperetin: 1.21mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 161.65kcal (8.08%), Fat: 18.03g (27.74%), Saturated Fat: 2.49g (15.56%), Carbohydrates: 0.7g (0.23%), Net Carbohydrates: 0.58g (0.21%), Sugar: 0.19g (0.21%), Cholesterol: 0mg (0%), Sodium: 0.82mg (0.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.07g (0.15%), Vitamin E: 2.6mg (17.36%), Vitamin K: 10.84µg (10.32%), Vitamin C: 3.3mg (4%), Vitamin A: 53.55IU (1.07%)