



WHATSheATE



Moroccan-Style Preserved Lemon Salad Dressing



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



64 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 teaspoon ground pepper
- ☐ 2 medium garlic clove finely chopped
- ☐ 2 teaspoons ground cumin
- ☐ 1 teaspoon kosher salt
- ☐ 0.3 cup juice of lemon freshly squeezed (from 3 medium lemons)
- ☐ 0.5 cup olive oil
- ☐ 2 teaspoons paprika

☐ 3 tablespoons simple preserved lemons finely chopped

Equipment

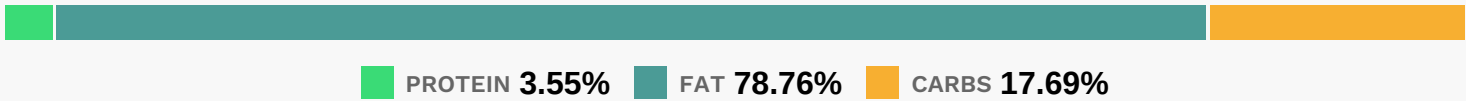
☐ bowl

☐ whisk

Directions

☐ Place all of the ingredients except the oil in a large bowl and whisk to combine. While whisking constantly, add the oil in a slow, steady stream until it's fully incorporated. If not using immediately, refrigerate the dressing in a container with a tightfitting lid for up to 3 days.

Nutrition Facts



Properties

Glycemic Index:20.5, Glycemic Load:0.2, Inflammation Score:-4, Nutrition Score:2.647826132567%

Flavonoids

Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg 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: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 63.51kcal (3.18%), Fat: 5.85g (9%), Saturated Fat: 0.8g (5.03%), Carbohydrates: 2.96g (0.99%), Net Carbohydrates: 2.04g (0.74%), Sugar: 0.89g (0.99%), Cholesterol: 0mg (0%), Sodium: 584.28mg (25.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.59g (1.19%), Vitamin A: 558.3IU (11.17%), Vitamin C: 6.55mg (7.94%), Vitamin E: 1.16mg (7.76%), Iron: 0.96mg (5.32%), Fiber: 1.09g (4.35%), Vitamin K: 4.23µg (4.03%), Manganese: 0.08mg (4.01%), Vitamin B6: 0.05mg (2.72%), Potassium: 65.09mg (1.86%), Magnesium: 6.93mg (1.73%), Calcium: 15.83mg (1.58%), Vitamin B2: 0.02mg (1.22%), Phosphorus: 12.01mg (1.2%), Copper: 0.02mg (1.18%), Vitamin B1: 0.02mg (1.11%)