



Mustard Vinaigrette



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



3

CALORIES



226 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon dijon mustard
- ☐ 3 juice of lime
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 3 servings pepper freshly ground to taste
- ☐ 3 tablespoons red wine vinegar
- ☐ 3 servings sea salt to taste

Equipment

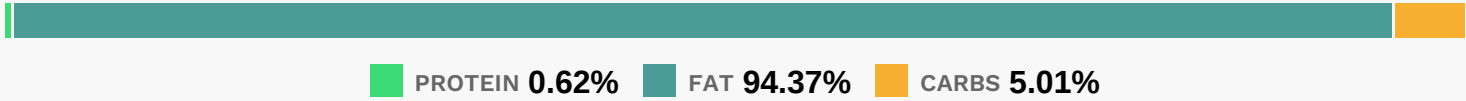
- ☐ bowl

whisk

Directions

Combine first 3 ingredients in a small bowl. Slowly whisk in olive oil until well blended, and add sea salt and pepper. Store in an airtight container.

Nutrition Facts



Properties

Glycemic Index:21.33, Glycemic Load:0.03, Inflammation Score:-1, Nutrition Score:2.9243478515874%

Flavonoids

Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg Hesperetin: 2.69mg, Hesperetin: 2.69mg, Hesperetin: 2.69mg, Hesperetin: 2.69mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg 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: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 225.81kcal (11.29%), Fat: 24.19g (37.22%), Saturated Fat: 3.33g (20.8%), Carbohydrates: 2.9g (0.97%), Net Carbohydrates: 2.54g (0.92%), Sugar: 0.58g (0.64%), Cholesterol: 0mg (0%), Sodium: 251.09mg (10.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.35g (0.71%), Vitamin E: 3.54mg (23.6%), Vitamin K: 14.87µg (14.16%), Vitamin C: 9.1mg (11.02%), Selenium: 1.74µg (2.48%), Manganese: 0.05mg (2.32%), Iron: 0.32mg (1.78%), Fiber: 0.36g (1.44%), Potassium: 50.06mg (1.43%), Magnesium: 5.58mg (1.39%), Vitamin B1: 0.02mg (1.14%), Phosphorus: 10.96mg (1.1%)