



Nasturtium Vinaigrette



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



59 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons nasturtium flowers finely chopped
- ☐ 1 tablespoon dijon mustard
- ☐ 0.3 cup green onions thinly sliced chopped
- ☐ 0.3 cup juice of lemon
- ☐ 0.5 cup olive oil extra-virgin

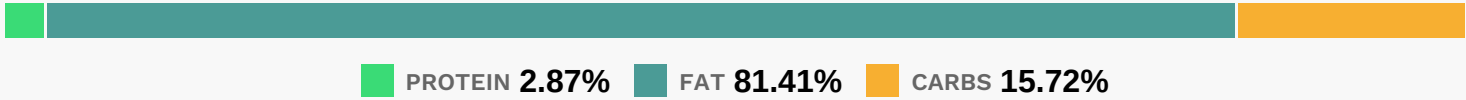
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ In a bowl, mix lemon juice, chives, nasturtiums, and mustard.
- ☐ Add oil, whisking to blend.

Nutrition Facts



Properties

Glycemic Index:16, Glycemic Load:0.11, Inflammation Score:-2, Nutrition Score:3.1986956868483%

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 Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg

Nutrients (% of daily need)

Calories: 59.15kcal (2.96%), Fat: 5.62g (8.65%), Saturated Fat: 0.76g (4.77%), Carbohydrates: 2.44g (0.81%), Net Carbohydrates: 1.65g (0.6%), Sugar: 0.58g (0.65%), Cholesterol: 0mg (0%), Sodium: 42.51mg (1.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.45g (0.89%), Iron: 4.36mg (24.25%), Vitamin K: 16.24µg (15.47%), Vitamin C: 7.09mg (8.6%), Vitamin E: 0.85mg (5.65%), Fiber: 0.79g (3.16%), Potassium: 79.54mg (2.27%), Selenium: 1.33µg (1.9%), Magnesium: 7.57mg (1.89%), Folate: 7.31µg (1.83%), Manganese: 0.03mg (1.37%), Vitamin A: 65.89IU (1.32%), Phosphorus: 13mg (1.3%)