

Oregano Vinaigrette



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



109 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients



0.3 cup wine dry white



4 garlic clove minced



0.3 cup juice of lemon fresh



1 tablespoon olive oil extra virgin extra-virgin



1 tablespoon oregano dried fresh chopped



0.3 teaspoon pepper



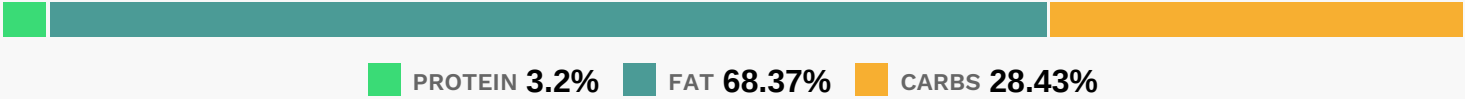
0.3 teaspoon salt

Equipment

Directions

☐ Combine all ingredients in a jar; cover tightly, and shake vigorously.

Nutrition Facts



Properties

Glycemic Index:41, Glycemic Load:0.74, Inflammation Score:-9, Nutrition Score:4.7204347771147%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Eriodictyol: 1.49mg, Eriodictyol: 1.49mg, Eriodictyol: 1.49mg, Eriodictyol: 1.49mg Hesperetin: 4.53mg, Hesperetin: 4.53mg, Hesperetin: 4.53mg, Hesperetin: 4.53mg Naringenin: 0.53mg, Naringenin: 0.53mg, Naringenin: 0.53mg, Naringenin: 0.53mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 109.38kcal (5.47%), Fat: 7.22g (11.11%), Saturated Fat: 1.03g (6.41%), Carbohydrates: 6.75g (2.25%), Net Carbohydrates: 5.41g (1.97%), Sugar: 1.22g (1.36%), Cholesterol: 0mg (0%), Sodium: 294.33mg (12.8%), Alcohol: 3.09g (100%), Alcohol %: 5.09% (100%), Protein: 0.76g (1.52%), Vitamin K: 20.39µg (19.42%), Vitamin C: 13.73mg (16.65%), Manganese: 0.3mg (14.82%), Vitamin E: 1.52mg (10.12%), Iron: 1.19mg (6.63%), Vitamin B6: 0.13mg (6.51%), Calcium: 56.67mg (5.67%), Fiber: 1.34g (5.37%), Magnesium: 13.52mg (3.38%), Potassium: 111.73mg (3.19%), Folate: 12.55µg (3.14%), Copper: 0.04mg (2.17%), Phosphorus: 21.11mg (2.11%), Vitamin B2: 0.03mg (1.73%), Vitamin B1: 0.03mg (1.7%), Selenium: 1.04µg (1.48%), Zinc: 0.19mg (1.28%), Vitamin B5: 0.12mg (1.16%), Vitamin B3: 0.22mg (1.11%)