



Parsley Vinaigrette



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



3 min.

SERVINGS



4

CALORIES



64 kcal

SIDE DISH

Ingredients



0.3 teaspoon pepper black freshly ground



2 tablespoons parsley fresh coarsely chopped



2 tablespoons olive oil



2 tablespoons red wine vinegar



0.3 teaspoon salt

Equipment



bowl



whisk

Directions

☐ Combine all ingredients in a small bowl, stirring with a whisk.

Nutrition Facts

PROTEIN 0.47%

FAT 98.12%

CARBS 1.41%

Properties

Glycemic Index:16, Glycemic Load:0.03, Inflammation Score:-2, Nutrition Score:2.38652176742%

Flavonoids

Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 64.34kcal (3.22%), Fat: 7.02g (10.8%), Saturated Fat: 0.97g (6.06%), Carbohydrates: 0.23g (0.08%), Net Carbohydrates: 0.13g (0.05%), Sugar: 0.02g (0.02%), Cholesterol: 0mg (0%), Sodium: 147.23mg (6.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.08g (0.15%), Vitamin K: 37.22µg (35.45%), Vitamin E: 1.02mg (6.83%), Vitamin A: 169.16IU (3.38%), Vitamin C: 2.7mg (3.27%), Iron: 0.21mg (1.17%), Manganese: 0.02mg (1.15%)