



Peppery Lemon Vinaigrette



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



2

CALORIES



112 kcal

SIDE DISH

Ingredients



3 tablespoons juice of lemon fresh



1 teaspoon lemon rind grated



0.5 cup olive oil



2 teaspoons peppercorns assorted freshly ground



0.5 teaspoon salt

Equipment



food processor

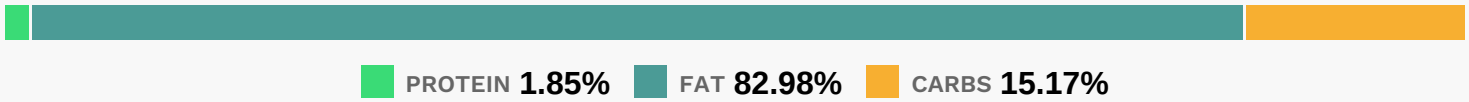


blender

Directions

- ☐ Process first 4 ingredients in a blender or food processor until blended. With blender or processor running, add oil in a slow, steady stream; process until smooth. Chill until ready to serve.
- ☐ Serve over your choice of salad greens and vegetables, if desired.
- ☐ Prep: 5 min.

Nutrition Facts



Properties

Glycemic Index:16, Glycemic Load:0.54, Inflammation Score:-1, Nutrition Score:3.9130435106547%

Flavonoids

Eriodictyol: 1.1mg, Eriodictyol: 1.1mg, Eriodictyol: 1.1mg, Eriodictyol: 1.1mg Hesperetin: 3.26mg, Hesperetin: 3.26mg, Hesperetin: 3.26mg, Hesperetin: 3.26mg Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 111.94kcal (5.6%), Fat: 11g (16.92%), Saturated Fat: 1.56g (9.76%), Carbohydrates: 4.53g (1.51%), Net Carbohydrates: 3.24g (1.18%), Sugar: 0.64g (0.71%), Cholesterol: 0mg (0%), Sodium: 582.75mg (25.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.55g (1.1%), Manganese: 0.57mg (28.27%), Vitamin K: 13.7µg (13.05%), Vitamin C: 10mg (12.12%), Vitamin E: 1.64mg (10.91%), Fiber: 1.29g (5.15%), Copper: 0.06mg (3.17%), Iron: 0.52mg (2.88%), Potassium: 83.48mg (2.39%), Calcium: 22.65mg (2.27%), Magnesium: 9.04mg (2.26%), Folate: 5.38µg (1.34%), Vitamin B6: 0.02mg (1.24%)