



Simple Lemon Vinaigrette



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



10 min.

SERVINGS



1

CALORIES



396 kcal

SIDE DISH

Ingredients



1 serving pepper black freshly ground to taste



0.5 teaspoon dijon mustard



2 tablespoons juice of lemon freshly squeezed



0.5 teaspoon lemon zest finely grated



3 tablespoons olive oil extra virgin extra-virgin



0.3 teaspoon sea salt to taste fine



1 teaspoon sugar

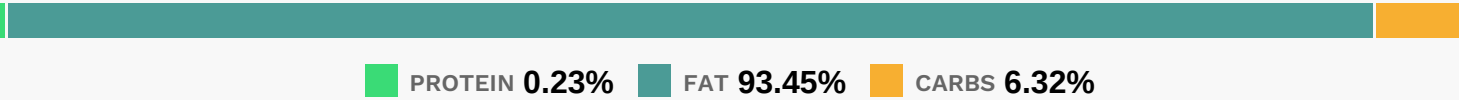
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ In a small bowl, whisk together the lemon zest, lemon juice, sugar, mustard, and fine sea salt, whisking until the sugar and salt are dissolved.
- ☐ Add 3 tablespoons of the oil in a slow stream, whisking constantly until the dressing is well blended. Season with fine sea salt and freshly ground black pepper. If desired, whisk in the remaining oil in a slow stream, whisking constantly. DO AHEAD: The vinaigrette can be prepared ahead and refrigerated, in an airtight container, up to 3 days.

Nutrition Facts



Properties

Glycemic Index:134.09, Glycemic Load:2.81, Inflammation Score:-1, Nutrition Score:4.1234782960104%

Flavonoids

Eriodictyol: 1.46mg, Eriodictyol: 1.46mg, Eriodictyol: 1.46mg, Eriodictyol: 1.46mg Hesperetin: 4.34mg, Hesperetin: 4.34mg, Hesperetin: 4.34mg, Hesperetin: 4.34mg Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 395.53kcal (19.78%), Fat: 42.18g (64.89%), Saturated Fat: 5.82g (36.35%), Carbohydrates: 6.41g (2.14%), Net Carbohydrates: 6.08g (2.21%), Sugar: 4.83g (5.36%), Cholesterol: 0mg (0%), Sodium: 610.13mg (26.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.24g (0.47%), Vitamin E: 6.11mg (40.7%), Vitamin K: 25.49µg (24.27%), Vitamin C: 12.91mg (15.65%), Iron: 0.32mg (1.8%), Folate: 6.32µg (1.58%), Manganese: 0.03mg (1.42%), Fiber: 0.33g (1.32%), Selenium: 0.92µg (1.31%), Potassium: 38.2mg (1.09%)