



Zesty Lemon Vinaigrette

 Vegetarian  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



16 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 teaspoon pepper red crushed
- 1 tablespoon dijon mustard
- 0.5 teaspoon fennel seeds crushed
- 2 tablespoons flat-leaf parsley fresh chopped
- 2 garlic cloves minced
- 1 tablespoon honey
- 0.5 cup juice of lemon
- 1 tablespoon olive oil

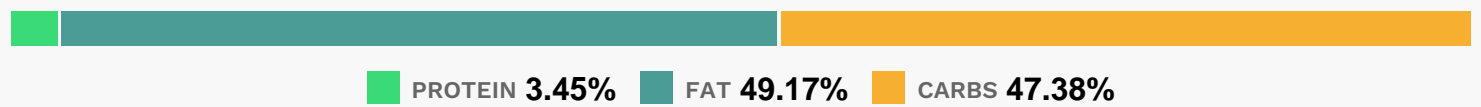
- 1 tablespoon teaspoon oregano dried fresh chopped
- 1 teaspoon salt
- 2 tablespoons water

Equipment

Directions

- Combine all ingredients in a jar. Cover jar tightly, and shake vinaigrette vigorously.

Nutrition Facts



Properties

Glycemic Index:9.45, Glycemic Load:0.61, Inflammation Score:-3, Nutrition Score:1.1891304254532%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 15.85kcal (0.79%), Fat: 0.96g (1.47%), Saturated Fat: 0.13g (0.83%), Carbohydrates: 2.08g (0.69%), Net Carbohydrates: 1.82g (0.66%), Sugar: 1.31g (1.45%), Cholesterol: 0mg (0%), Sodium: 156.88mg (6.82%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 0.15g (0.3%), Vitamin K: 10.72µg (10.21%), Vitamin C: 3.76mg (4.56%), Manganese: 0.03mg (1.68%), Vitamin E: 0.21mg (1.42%), Vitamin A: 57.94IU (1.16%), Iron: 0.2mg (1.12%), Fiber: 0.26g (1.04%)