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Mediterranean Dressing ♦♦

A classic Mediterranean dressing that is perfect for salads, sandwiches, and wraps. It is made with a blend of olive oil, lemon juice, garlic, and herbs, and has a tangy and refreshing flavor.

Recipe Type: Standard

Prep Time: 10 mins

Cook Time: N/A

Total Time: 10 mins

Recipe Yield: 250 grams

Number of Servings: 10

Serving Size: 25 g

Ingredients

150 ml	Olive oil
50 ml	Lemon juice
2 clove	garlic
1 teaspoon	Dried Oregano

1
teaspoon

Dried Basil

0.5
teaspoon

Salt

0.25
teaspoon

Black pepper

Directions

Step 1

Whisking

In a small bowl, whisk together the olive oil and lemon juice.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Mincing

Mince the garlic cloves and add them to the bowl.

Prep Time: 2 mins

Cook Time: 0 mins

Step 3

Whisking

Add the dried oregano, dried basil, salt, and black pepper to the bowl. Whisk until well combined.

Prep Time: 3 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 120 kcal

Fat: 14 g

Protein: 0 g

Carbohydrates: 1 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	0 g	0%	0%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	1 g	1.82%	2%
Fibers	0 g	0%	0%
Sugars	0 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	10 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	14 g	50%	56%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	0 iu	0%	0%
Vitamin C	8 mg	8.89%	10.67%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	10 mg	66.67%	66.67%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	150 mg	6.52%	6.52%
Calcium	0 mg	0%	0%
Iron	2 mg	25%	11.11%
Potassium	0 mg	0%	0%
Zinc	0 mg	0%	0%
Selenium	0 mcg	0%	0%

Recipe Attributes

Cuisines

Mediterranean

Greek

Spanish

Vietnamese

Middle Eastern

Nutritional Content

Low Sodium

Low Calorie

Low Fat

High Fiber

High Vitamin C

High Iron

Course

Sauces & Dressings

Salads

Soups

Snacks

Appetizers

Kitchen Tools

Blender

Oven

Slow Cooker

Meal Type

Lunch

Dinner

Snack

Supper

Difficulty Level

Medium

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