

Tarragon Vinaigrette

Yield: 6 servings

Gluten-free
Dairy-free

RECIPE CUSTOMIZATION

To make it low-FODMAP,
omit garlic

Ingredients

5 Tbsp tarragon, fresh
2 Tbsp thyme, fresh
2 lemons, zested and juiced
2 Tbsp white wine vinegar
1 Tbsp Dijon mustard
2 cloves garlic
½ cup extra virgin olive oil
Salt, kosher (to taste)
Pepper (to taste)

Directions

1. Place all ingredients in a blender or food processor.
2. Purée until smooth.



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Nutrition Facts

Serving size 1 (1.8 oz)

Amount Per Serving	52g
Calories 227	
% Daily Value	
Total Fat 24.4g	38%
Saturated Fat 4.3g	17%
Cholesterol 0mg	0%
Sodium 419mg	17%
Total Carbohydrate 3g	1%
Dietary Fiber 1g	2%
Sugars 0g	
Protein 1g	1%
Vitamin A	2%
Vitamin C	14%
Calcium	3%
Iron	5%