AMERICAN · SAUCE

Make-Ahead Lemon-Garlic-Chive Vinaigrette

20 min · Makes 10 × 2 tbsp · 162 kcal a portion · Video 10:05 · America's Test Kitchen

Vegetarian · Gluten-free ingredients · No dairy listed · No nuts listed

Most of the fat comes from olive oil and is unsaturated, and a 2-tbsp portion has under 2 g of sugar and about 2 g of net carbs; the spoonful of mayonnaise keeps it emulsified for a week without extra thickeners.

Diet notes: Keto (2.1 g net carbs a serve); Paleo with a swap: avocado-oil mayonnaise instead of the mayonnaise, olive, avocado or coconut oil instead of the vegetable oil.

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Ingredients

10 · MAKES 10 × 2 TBSP

- [ ] 1 tbsp **mayonnaise**
- [ ] 1 tbsp **mild molasses** (not blackstrap)
- [ ] 1 tbsp **Dijon mustard**
- [ ] 2 tsp grated **lemon zest** (about 2 lemons)
- [ ] 2 tsp minced **fresh chives**
- [ ] 1 **garlic** clove, finely grated
- [ ] ½ tsp **table salt**
- [ ] ¼ cup **lemon juice**
- [ ] ½ cup **extra-virgin olive oil**
- [ ] ¼ cup **vegetable oil** (or canola or safflower)

Allergens found in the listed ingredients: Egg, Mustard. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method

TIMES = THE MOMENT IN THE VIDEO

1. Finely grate the zest from about 2 washed lemons, taking only the yellow part, then juice them. 0:19
2. In a jar with a tight lid, stir the mayonnaise, molasses, Dijon, lemon zest, chives, grated garlic and salt with a fork until smooth and no lumps of mustard or molasses remain. 1:00
3. Add the lemon juice, close the jar and shake for about 10 seconds. 2:33
4. Add the oil in three lots (¼ cup olive oil, the rest of the olive oil, then the vegetable oil), shaking hard after each, until glossy and lightly thickened with no pools of oil. 4:12
5. Keep in the fridge for up to a week and shake briefly before using.

> **Tip** Makes about 1¼ cups (ATK calls it 1 cup, 16 servings of 1 tbsp). Also good on steamed cauliflower or green beans. Light mayonnaise works too, and toasted hazelnut or walnut oil can replace the olive oil.

The method is a summary in our words — the video shows every step.

One portion (2 tbsp) gives you

1 OF 10 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
162 kcal	0.1 g	2.2 g	0.1 g	17 g	140 mg
680 kJ	0% of a day	2.1 g net · 1.7 g sugars	0% of a day	2.1 g saturated	6% of a day
		1% of a day		22% of a day	

Energy from net carbs 5% · protein 0% · fat 95% — fits keto: 2.1 g net carbs, 95% of the energy from fat

High in (20%+ of a day) Omega-3 42%

Source of (10–19%) Vitamin E 17% · Vitamin K 11%

Recipe and video: America's Test Kitchen (@AmericasTestKitchen) on YouTube — youtube.com/watch?v=P7d8Prr573E, published 30 May 2022. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/lemon-garlic-chive-vinaigrette