GREEK · SAUCE

Ladolemono (Greek Lemon, Olive Oil and Oregano Dressing)

5 min · Makes 6 × 2 tbsp · 163 kcal a portion · Video 2:59 · Dimitra's Dishes

Vegan · Gluten-free ingredients · Nut-free

Just olive oil, fresh lemon, garlic and oregano: no added sugar, under 1 g of net carbs a portion, and the fat is mostly the monounsaturated kind from extra-virgin olive oil.

Diet notes: Keto (0.9 g net carbs a serve).

Scan for the video, full nutrition and more free recipes

Ingredients

6 · MAKES 6 × 2 TBSP

- [ ] 120 ml **extra-virgin olive oil**
- [ ] 60 ml **freshly squeezed lemon juice**
- [ ] 1 tsp **dried oregano**
- [ ] 1 **garlic** clove, finely minced
- [ ] **sea salt** to taste (about ½ tsp)
- [ ] **freshly ground black pepper** to taste (about ¼ tsp)

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Contains: none of the common allergens in the listed ingredients. Check labels on stock, sauces and spice mixes.

Method

TIMES = THE MOMENT IN THE VIDEO

1. Squeeze the lemons fresh (bottled juice won't taste the same) and finely mince the garlic.
2. Put the lemon juice, garlic, olive oil, salt, pepper and oregano in a bowl or small jar; use a little less oregano if you're not a fan, but don't leave it out. 1:00
3. Whisk, or close the jar and shake, until combined, then use straight away on salads or roasted vegetables, or as a dip for crusty bread. 1:56
4. It also works as a marinade for chicken, lamb or seafood before grilling. It tastes freshest within a few days; covered in the fridge it keeps about a week. Let the oil soften at room temperature, then shake again. 2:17

> **Tip** Makes about 180 ml. Make a double batch: one to dress a salad or roasted vegetables, one to marinate chicken before grilling.

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

One portion (2 tbsp) gives you

1 OF 6 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
163 kcal	0.1 g	1 g	0.1 g	18 g	190 mg
680 kJ	0% of a day	0.9 g net · 0.3 g sugars	0% of a day	2.5 g saturated	8% of a day
		0% of a day		23% of a day	

Energy from net carbs 2% · protein 0% · fat 98% — fits keto: 0.9 g net carbs, 98% of the energy from fat

Source of (10–19%) Vitamin E 18% · Vitamin K 10%

Recipe and video: Dimitra's Dishes (@DimitrasDishes) on YouTube — youtube.com/watch?v=rBB8SGC5qYE, published 11 July 2014. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, 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/greek-ladolemono-lemon-oregano-dressing