



Apple Cider Dressing



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



1

CALORIES



121 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 0.3 cup apple juice frozen thawed ()
- ☐ 2 tablespoons apples shredded finely
- ☐ 2 tablespoons apple cider vinegar
- ☐ 1 tablespoon dijon mustard
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 3 tablespoons cream sour low-fat
- ☐ 0.1 teaspoon pepper
- ☐ 0.3 teaspoon salt

☐ 3 tablespoons water

Equipment

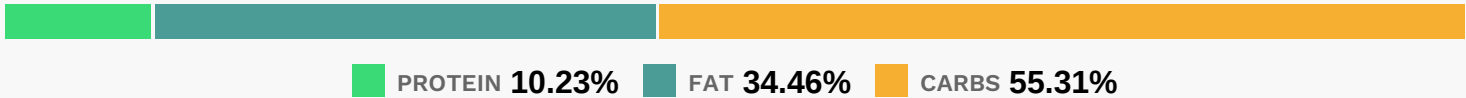
☐ bowl

☐ whisk

Directions

☐ Mix all ingredients in large bowl with wire whisk or fork.

Nutrition Facts



Properties

Glycemic Index:176.75, Glycemic Load:4.07, Inflammation Score:-8, Nutrition Score:8.7769564169904%

Flavonoids

Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 1.16mg, Catechin: 1.16mg, Catechin: 1.16mg, Catechin: 1.16mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 5.15mg, Epicatechin: 5.15mg, Epicatechin: 5.15mg, Epicatechin: 5.15mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Apigenin: 180.14mg, Apigenin: 180.14mg, Apigenin: 180.14mg, Apigenin: 180.14mg Luteolin: 0.83mg, Luteolin: 0.83mg, Luteolin: 0.83mg, Luteolin: 0.83mg Isorhamnetin: 13.25mg, Isorhamnetin: 13.25mg, Isorhamnetin: 13.25mg, Isorhamnetin: 13.25mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.55mg, Quercetin: 1.55mg, Quercetin: 1.55mg, Quercetin: 1.55mg

Nutrients (% of daily need)

Calories: 120.62kcal (6.03%), Fat: 4.68g (7.2%), Saturated Fat: 2.49g (15.59%), Carbohydrates: 16.9g (5.63%), Net Carbohydrates: 14.29g (5.2%), Sugar: 9.74g (10.83%), Cholesterol: 12.6mg (4.2%), Sodium: 800.91mg (34.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.13g (6.26%), Vitamin K: 55.84µg (53.19%), Manganese: 0.62mg (30.96%), Calcium: 117.46mg (11.75%), Fiber: 2.61g (10.44%), Selenium: 6.89µg (9.84%), Vitamin B2: 0.17mg (9.83%), Potassium: 325.75mg (9.31%), Vitamin C: 7.3mg (8.85%), Magnesium: 33.77mg (8.44%), Iron: 1.34mg (7.47%), Phosphorus: 69.59mg (6.96%), Vitamin B1: 0.07mg (4.59%), Vitamin A: 224.25IU (4.48%), Vitamin B6: 0.08mg (3.88%), Vitamin E: 0.58mg (3.87%), Copper: 0.08mg (3.84%), Zinc: 0.54mg (3.59%), Folate: 13.14µg (3.28%), Vitamin B3: 0.58mg (2.91%), Vitamin B12: 0.15µg (2.52%), Vitamin B5: 0.14mg (1.39%)