



Apple Cider Vinaigrette



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



336 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 0.3 cup apple cider vinegar
- ☐ 1 garlic clove minced
- ☐ 0.3 cup olive oil
- ☐ 1 teaspoon spicy brown mustard
- ☐ 1 teaspoon sugar

Equipment

- ☐ whisk

Directions

- ☐ Whisk together first 4 ingredients; add oil in a slow steady stream, whisking constantly until smooth.
- ☐ Add salt and pepper to taste.

Nutrition Facts



PROTEIN 0.24% FAT 96.32% CARBS 3.44%

Properties

Glycemic Index:86.05, Glycemic Load:1.65, Inflammation Score:-1, Nutrition Score:3.1013044308385%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 335.97kcal (16.8%), Fat: 36.1g (55.54%), Saturated Fat: 4.98g (31.1%), Carbohydrates: 2.9g (0.97%), Net Carbohydrates: 2.76g (1%), Sugar: 2.17g (2.41%), Cholesterol: 0mg (0%), Sodium: 29.99mg (1.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.2g (0.4%), Vitamin E: 5.19mg (34.63%), Vitamin K: 21.74µg (20.7%), Manganese: 0.11mg (5.5%), Iron: 0.33mg (1.82%), Selenium: 1.1µg (1.58%), Vitamin B6: 0.02mg (1.02%)