



Apple-Ginger Vinaigrette



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



10

CALORIES



98 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup apple jelly melted
- ☐ 0.3 cup cider vinegar
- ☐ 1 tablespoon dijon mustard
- ☐ 3 tablespoons chives fresh chopped
- ☐ 2 teaspoons ginger fresh grated
- ☐ 2 tablespoons brown sugar light
- ☐ 0.3 teaspoon salt
- ☐ 1 cup vegetable oil

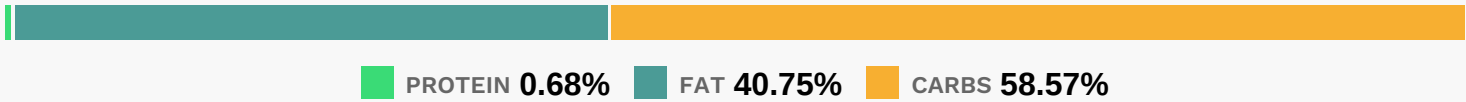
Equipment

☐ whisk

Directions

☐ Whisk together first 7 ingredients; gradually whisk in oil until well blended.

Nutrition Facts



Properties

Glycemic Index:18.7, Glycemic Load:6.39, Inflammation Score:-1, Nutrition Score:1.1930434554815%

Flavonoids

Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 98.1kcal (4.91%), Fat: 4.43g (6.82%), Saturated Fat: 0.67g (4.2%), Carbohydrates: 14.33g (4.78%), Net Carbohydrates: 14.05g (5.11%), Sugar: 10.65g (11.83%), Cholesterol: 0mg (0%), Sodium: 81.23mg (3.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.17g (0.33%), Vitamin K: 9.96µg (9.48%), Vitamin E: 0.39mg (2.57%), Vitamin C: 2.04mg (2.48%), Manganese: 0.04mg (1.94%), Selenium: 0.9µg (1.28%), Fiber: 0.28g (1.13%), Copper: 0.02mg (1.11%)