



Apple-Tarragon Vinaigrette



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



65 kcal

SIDE DISH

Ingredients

- ☐ 0.7 cup apple cider vinegar
- ☐ 1 tablespoon dijon mustard
- ☐ 1 tablespoon tarragon leaves fresh
- ☐ 1 garlic clove minced
- ☐ 1 apples i use 2 granny smith apples diced peeled
- ☐ 1 green onion minced
- ☐ 0.3 teaspoon coarsely ground pepper black
- ☐ 1 tablespoon honey

- ☐ 0.3 teaspoon kosher salt
- ☐ 0.7 cup olive oil
- ☐ 2 teaspoons sugar

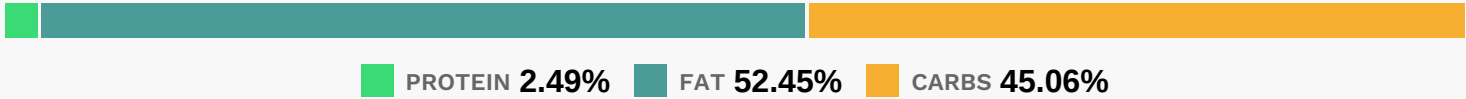
Equipment

- ☐ frying pan
- ☐ blender

Directions

- ☐ Combine apple and next 5 ingredients in a skillet. Bring mixture to a boil; reduce heat to low, cover, and simmer 5 minutes or until apple is tender.
- ☐ Transfer mixture to a blender.
- ☐ Add honey and next 3 ingredients; pure until smooth.
- ☐ While blender is running, slowly add oil until well blended. Cool before serving.

Nutrition Facts



Properties

Glycemic Index:48.8, Glycemic Load:3.06, Inflammation Score:-1, Nutrition Score:1.7943478097086%

Flavonoids

Cyanidin: 0.36mg, Cyanidin: 0.36mg, Cyanidin: 0.36mg, Cyanidin: 0.36mg Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 1.71mg, Epicatechin: 1.71mg, Epicatechin: 1.71mg, Epicatechin: 1.71mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg

Nutrients (% of daily need)

Calories: 64.59kcal (3.23%), Fat: 3.78g (5.81%), Saturated Fat: 0.53g (3.29%), Carbohydrates: 7.3g (2.43%), Net Carbohydrates: 6.54g (2.38%), Sugar: 5.66g (6.29%), Cholesterol: 0mg (0%), Sodium: 95.57mg (4.16%), Alcohol: 0g

(100%), Alcohol %: 0% (100%), Protein: 0.4g (0.81%), Manganese: 0.15mg (7.7%), Vitamin K: 5.91µg (5.63%), Vitamin E: 0.58mg (3.83%), Fiber: 0.76g (3.04%), Iron: 0.45mg (2.48%), Vitamin C: 1.9mg (2.31%), Potassium: 76.03mg (2.17%), Vitamin B6: 0.04mg (1.9%), Magnesium: 6.62mg (1.66%), Calcium: 16.19mg (1.62%), Vitamin A: 65.7IU (1.31%), Vitamin B2: 0.02mg (1.28%), Selenium: 0.79µg (1.13%), Folate: 4.25µg (1.06%), Phosphorus: 10.19mg (1.02%)