



## Basic French Vinaigrette



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



2

CALORIES



261 kcal

SIDE DISH

## Ingredients

- 2 servings pepper black freshly ground to taste
- 2 teaspoons dijon mustard
- 4 tablespoons olive oil extra virgin extra-virgin
- 0.3 teaspoon sea salt to taste fine
- 2 tablespoons shallots finely chopped
- 2 tablespoons citrus champagne vinegar

## Equipment

- bowl

whisk

## Directions

- In a small bowl, whisk together the shallots, vinegar, and 1/4 teaspoon fine sea salt; let the mixture stand 10 minutes.
- Whisk in the mustard, then add the oil in a very slow, thin, steady stream, whisking constantly until the dressing is emulsified. Season with fine sea salt and freshly ground black pepper. DO AHEAD: The vinaigrette can be prepared ahead and refrigerated, in an airtight container, up to 1 week.

## Nutrition Facts

**PROTEIN 0.73%** **FAT 96.17%** **CARBS 3.1%**

## Properties

Glycemic Index:47, Glycemic Load:0.44, Inflammation Score:-1, Nutrition Score:2.8873913560225%

## Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg

## Nutrients (% of daily need)

Calories: 260.87kcal (13.04%), Fat: 28.18g (43.36%), Saturated Fat: 3.88g (24.25%), Carbohydrates: 2.05g (0.68%), Net Carbohydrates: 1.49g (0.54%), Sugar: 0.86g (0.95%), Cholesterol: 0mg (0%), Sodium: 348.67mg (15.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.48g (0.96%), Vitamin E: 4.05mg (27.03%), Vitamin K: 17.17µg (16.36%), Manganese: 0.07mg (3.52%), Selenium: 1.83µg (2.61%), Iron: 0.44mg (2.42%), Fiber: 0.56g (2.24%), Vitamin B6: 0.04mg (1.91%), Potassium: 48.42mg (1.38%), Magnesium: 5.28mg (1.32%), Phosphorus: 12.76mg (1.28%), Vitamin C: 0.89mg (1.08%), Vitamin B1: 0.02mg (1.04%)