



Béarnaise Vinaigrette



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



5

CALORIES



116 kcal

SIDE DISH

Ingredients

- ☐ 1 teaspoon pepper black freshly ground
- ☐ 0.5 cup canola oil
- ☐ 1 tablespoon dijon mustard
- ☐ 0.3 cup tarragon fresh chopped
- ☐ 2 garlic cloves minced
- ☐ 0.3 cup juice of lemon fresh
- ☐ 0.5 cup olive oil
- ☐ 1.5 teaspoons salt

- ☐ 3 shallots minced
- ☐ 2 teaspoons sugar
- ☐ 0.8 cup citrus champagne vinegar

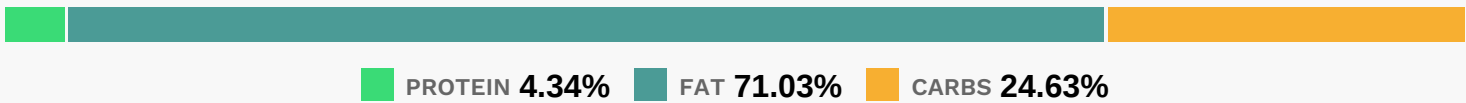
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Whisk together vinegar, tarragon, lemon juice, shallots, garlic, Dijon mustard, sugar, salt, and pepper in a bowl until blended.
- ☐ Add canola oil and olive oil, 1 at a time in a slow, steady stream, whisking constantly until mixture is smooth.

Nutrition Facts



Properties

Glycemic Index:52.82, Glycemic Load:2.66, Inflammation Score:-3, Nutrition Score:4.151739174905%

Flavonoids

Eriodictyol: 0.6mg, Eriodictyol: 0.6mg, Eriodictyol: 0.6mg, Eriodictyol: 0.6mg Hesperetin: 1.77mg, Hesperetin: 1.77mg, Hesperetin: 1.77mg, Hesperetin: 1.77mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 116.39kcal (5.82%), Fat: 9.15g (14.08%), Saturated Fat: 1g (6.22%), Carbohydrates: 7.14g (2.38%), Net Carbohydrates: 6.18g (2.25%), Sugar: 3.14g (3.49%), Cholesterol: 0mg (0%), Sodium: 737.4mg (32.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.26g (2.52%), Manganese: 0.35mg (17.52%), Vitamin E: 1.45mg (9.64%), Vitamin C: 7.76mg (9.41%), Iron: 1.31mg (7.29%), Vitamin B6: 0.14mg (6.85%), Vitamin K: 6.64µg (6.32%), Potassium: 168.5mg (4.81%), Calcium: 43.8mg (4.38%), Magnesium: 16.61mg (4.15%), Fiber: 0.96g (3.84%), Folate: 14.84µg (3.71%), Phosphorus: 26.53mg (2.65%), Vitamin B2: 0.04mg (2.55%), Copper: 0.05mg (2.39%), Vitamin A: 112.86IU (2.26%), Selenium: 1.53µg (2.18%), Vitamin B1: 0.03mg (1.79%), Vitamin B3: 0.3mg (1.5%), Zinc: 0.22mg (1.44%)