



Black Pepper Vinaigrette



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



57 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon mustard dry
- ☐ 1 teaspoon chives fresh chopped
- ☐ 1 tablespoon coarsely ground pepper
- ☐ 0.8 cup olive oil
- ☐ 2 ounce pimientos diced drained
- ☐ 3 tablespoons red wine vinegar
- ☐ 0.5 teaspoon salt
- ☐ 3 tablespoons citrus champagne vinegar

- ☐ 1 teaspoon or dried fresh chopped
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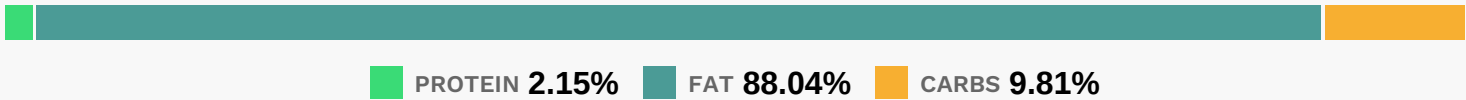
Equipment

- ☐ whisk

Directions

- ☐ Whisk together all ingredients.
- ☐ Note: We used Colman's mustard.

Nutrition Facts



Properties

Glycemic Index:20.33, Glycemic Load:0.29, Inflammation Score:-3, Nutrition Score:2.3856521974439%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 56.6kcal (2.83%), Fat: 5.51g (8.47%), Saturated Fat: 0.77g (4.81%), Carbohydrates: 1.38g (0.46%), Net Carbohydrates: 0.83g (0.3%), Sugar: 0.33g (0.37%), Cholesterol: 0mg (0%), Sodium: 197.05mg (8.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.3g (0.61%), Vitamin C: 10.01mg (12.13%), Vitamin K: 9.07µg (8.64%), Manganese: 0.16mg (8.13%), Vitamin E: 0.89mg (5.93%), Vitamin A: 264.88IU (5.3%), Iron: 0.55mg (3.06%), Fiber: 0.55g (2.19%), Vitamin B6: 0.03mg (1.53%), Copper: 0.02mg (1.25%), Potassium: 42.96mg (1.23%), Magnesium: 4.54mg (1.13%), Calcium: 10.27mg (1.03%)