



Celery Seed Dressing



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



10

CALORIES



45 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon celery seeds
- ☐ 2 garlic cloves minced
- ☐ 0.5 teaspoon mustard prepared
- ☐ 1 teaspoon onion finely chopped
- ☐ 0.3 cup red wine vinegar
- ☐ 5 tablespoons sugar
- ☐ 0.5 cup vegetable oil

Equipment

☐

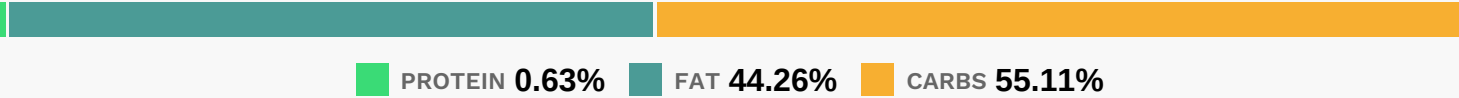
whisk

Directions

☐

Whisk together all ingredients.

Nutrition Facts



Properties

Glycemic Index:15.91, Glycemic Load:4.25, Inflammation Score:-1, Nutrition Score:0.41695652197561%

Flavonoids

Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 0.76mg, Luteolin: 0.76mg, Luteolin: 0.76mg, Luteolin: 0.76mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 45.02kcal (2.25%), Fat: 2.24g (3.44%), Saturated Fat: 0.34g (2.1%), Carbohydrates: 6.26g (2.09%), Net Carbohydrates: 6.23g (2.26%), Sugar: 6.01g (6.67%), Cholesterol: 0mg (0%), Sodium: 3.56mg (0.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.07g (0.14%), Vitamin K: 4.02µg (3.83%), Vitamin E: 0.18mg (1.21%), Manganese: 0.02mg (1.09%)