



Cider Dressing



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



5

CALORIES



97 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 0.5 teaspoon celery seeds
- ☐ 3 tablespoons cider vinegar
- ☐ 1 green onion chopped
- ☐ 2 tablespoons mustard prepared
- ☐ 0.3 cup sugar
- ☐ 0.5 cup vegetable oil

Equipment

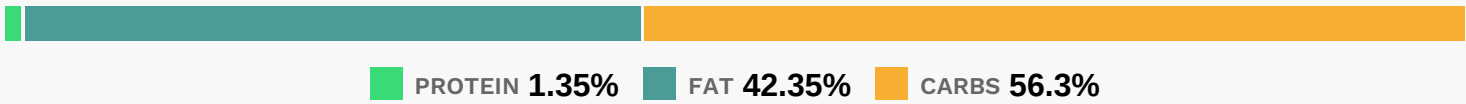
- ☐ food processor

blender

Directions

Process all ingredients in a blender or food processor until smooth, stopping to scrape down sides. Cover and chill 30 minutes.

Nutrition Facts



Properties

Glycemic Index:34.82, Glycemic Load:9.4, Inflammation Score:-1, Nutrition Score:1.4334782394378%

Flavonoids

Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg Luteolin: 1.52mg, Luteolin: 1.52mg, Luteolin: 1.52mg, Luteolin: 1.52mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 96.98kcal (4.85%), Fat: 4.66g (7.17%), Saturated Fat: 0.69g (4.28%), Carbohydrates: 13.94g (4.65%), Net Carbohydrates: 13.6g (4.94%), Sugar: 13.49g (14.98%), Cholesterol: 0mg (0%), Sodium: 67.29mg (2.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.34g (0.67%), Vitamin K: 13.08µg (12.45%), Manganese: 0.07mg (3.35%), Selenium: 2.17µg (3.1%), Vitamin E: 0.39mg (2.62%), Fiber: 0.34g (1.38%), Iron: 0.25mg (1.37%), Magnesium: 4.69mg (1.17%)