



Cider-Sorghum Vinaigrette



Vegetarian



Vegan



Dairy Free

READY IN



40 min.

SERVINGS



20

CALORIES



43 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 cup apple cider
- ☐ 0.5 cup apple cider vinegar
- ☐ 1 teaspoon pepper black freshly ground
- ☐ 2 tablespoons bourbon
- ☐ 1 cup canola oil
- ☐ 1 stick cinnamon (3-inch)
- ☐ 1 tablespoon dijon mustard
- ☐ 1 shallots minced

- ☐ 0.3 cup sorghum syrup
- ☐ 1 teaspoon salt

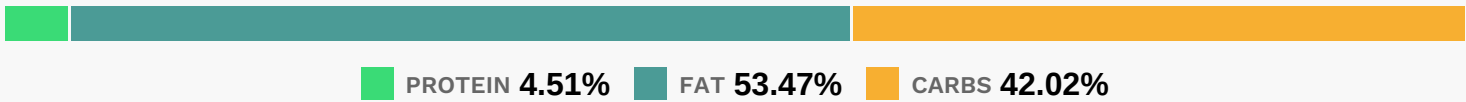
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Cook first 2 ingredients in a 3–qt. saucepan over medium heat, stirring occasionally, 10 minutes or until cider is reduced to 1/4 cup.
- ☐ Remove from heat, and cool completely (about 20 minutes).
- ☐ Transfer cider mixture to a bowl, discarding cinnamon stick.
- ☐ Whisk in vinegar and next 6 ingredients.
- ☐ Add oil in a slow, steady stream, whisking constantly until smooth.

Nutrition Facts



Properties

Glycemic Index:9.74, Glycemic Load:0.62, Inflammation Score:-1, Nutrition Score:0.77826087209194%

Flavonoids

Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.56mg, Epicatechin: 0.56mg, Epicatechin: 0.56mg, Epicatechin: 0.56mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 42.84kcal (2.14%), Fat: 2.39g (3.68%), Saturated Fat: 0.19g (1.16%), Carbohydrates: 4.23g (1.41%), Net Carbohydrates: 3.82g (1.39%), Sugar: 1.27g (1.41%), Cholesterol: 0mg (0%), Sodium: 125.69mg (5.46%), Alcohol: 0.5g (100%), Alcohol %: 1.75% (100%), Protein: 0.45g (0.91%), Manganese: 0.07mg (3.71%), Vitamin E: 0.4mg (2.68%), Vitamin K: 1.84µg (1.75%), Fiber: 0.42g (1.66%), Phosphorus: 12.38mg (1.24%), Iron: 0.22mg (1.22%)