



Cinnamon Vinaigrette



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



2

CALORIES



352 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.5 teaspoon hot sauce
- ☐ 0.3 cup olive oil
- ☐ 0.3 teaspoon pepper
- ☐ 0.3 cup raspberry vinegar
- ☐ 0.5 teaspoon salt
- ☐ 1 tablespoon sugar

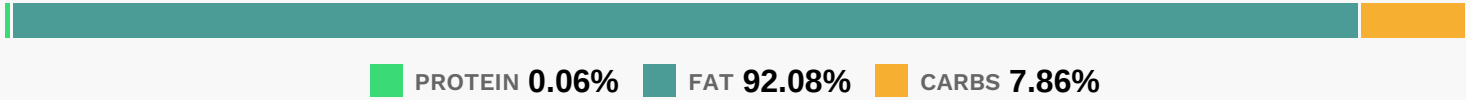
Equipment

Directions

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Combine olive oil and remaining ingredients in a jar; cover tightly, and shake vigorously. Chill at least 2 hours. Shake well before serving.

Nutrition Facts



Properties

Glycemic Index:73.55, Glycemic Load:4.37, Inflammation Score:-1, Nutrition Score:3.2913043639096%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg

Nutrients (% of daily need)

Calories: 351.68kcal (17.58%), Fat: 36.04g (55.44%), Saturated Fat: 4.97g (31.09%), Carbohydrates: 6.93g (2.31%), Net Carbohydrates: 6.59g (2.4%), Sugar: 6.17g (6.86%), Cholesterol: 0mg (0%), Sodium: 610.67mg (26.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.05g (0.1%), Vitamin E: 5.2mg (34.66%), Vitamin K: 22.26µg (21.2%), Manganese: 0.22mg (11.03%), Iron: 0.36mg (2%), Fiber: 0.33g (1.33%), Potassium: 36.6mg (1.05%)