



Classic Vinaigrette



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



65 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon dijon mustard
- ☐ 3 tablespoons olive oil extra virgin extra-virgin
- ☐ 0.1 teaspoon pepper
- ☐ 1.5 tablespoons red wine vinegar
- ☐ 0.3 teaspoon salt
- ☐ 1 tablespoon shallots chopped

Equipment

Directions

☐ Combine vinegar, shallots, salt, Dijon mustard, and pepper. Gradually add olive oil, stirring until incorporated.

Nutrition Facts



PROTEIN 0.93% **FAT 96.36%** **CARBS 2.71%**

Properties

Glycemic Index:15.67, Glycemic Load:0.08, Inflammation Score:-1, Nutrition Score:0.78347826457542%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 65.42kcal (3.27%), Fat: 7.09g (10.9%), Saturated Fat: 0.97g (6.08%), Carbohydrates: 0.45g (0.15%), Net Carbohydrates: 0.28g (0.1%), Sugar: 0.17g (0.19%), Cholesterol: 0mg (0%), Sodium: 125.04mg (5.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.15g (0.31%), Vitamin E: 1.02mg (6.79%), Vitamin K: 4.33µg (4.13%), Selenium: 0.87µg (1.25%), Manganese: 0.02mg (1.13%)