



Cornichon Vinaigrette



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



5

CALORIES



231 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon dijon mustard
- ☐ 4 dill pickles mini minced
- ☐ 1 tablespoon tarragon fresh chopped
- ☐ 1.5 tablespoons honey
- ☐ 3 tablespoons juice of lemon fresh 1 lemon
- ☐ 0.3 cup olive oil
- ☐ 5 servings pepper freshly ground to taste
- ☐ 0.3 cup safflower oil

- ☐ 5 servings sea salt to taste
- ☐ 1 shallots minced
- ☐ 3 tablespoons citrus champagne vinegar

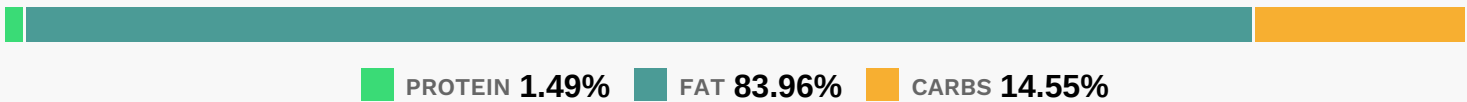
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Stir together first 5 ingredients in a small bowl. Gradually whisk in oils until well blended. Stir in remaining ingredients. Use immediately, or cover and chill until ready to serve.

Nutrition Facts



Properties

Glycemic Index:43.25, Glycemic Load:3.35, Inflammation Score:-2, Nutrition Score:4.8869565647581%

Flavonoids

Eriodictyol: 0.44mg, Eriodictyol: 0.44mg, Eriodictyol: 0.44mg, Eriodictyol: 0.44mg Hesperetin: 1.3mg, Hesperetin: 1.3mg, Hesperetin: 1.3mg, Hesperetin: 1.3mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 230.72kcal (11.54%), Fat: 22.16g (34.09%), Saturated Fat: 2.39g (14.96%), Carbohydrates: 8.64g (2.88%), Net Carbohydrates: 7.66g (2.79%), Sugar: 6.5g (7.22%), Cholesterol: 0mg (0%), Sodium: 649.72mg (28.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.89g (1.77%), Vitamin E: 5.36mg (35.74%), Vitamin K: 16.26µg (15.49%), Manganese: 0.19mg (9.33%), Vitamin C: 5.76mg (6.99%), Calcium: 49.9mg (4.99%), Iron: 0.83mg (4.59%), Potassium: 139.25mg (3.98%), Fiber: 0.98g (3.91%), Vitamin B6: 0.08mg (3.83%), Vitamin B2: 0.06mg (3.25%), Vitamin A: 157.38IU (3.15%), Magnesium: 12.19mg (3.05%), Folate: 11.85µg (2.96%), Vitamin B1: 0.04mg (2.59%), Phosphorus: 20.79mg (2.08%), Copper: 0.04mg (1.79%), Selenium: 1.21µg (1.72%), Zinc: 0.17mg (1.16%), Vitamin B3: 0.23mg (1.13%)