



Cranberry Mustard Salad Dressing



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



1

CALORIES



1045 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 cup apple cider vinegar
- ☐ 0.3 cup dijon mustard
- ☐ 1 clove garlic peeled
- ☐ 1 serving salt and ground pepper black to taste
- ☐ 0.3 cup rice vinegar
- ☐ 1 cup vegetable oil
- ☐ 0.3 cup walnut oil
- ☐ 0.3 cup cranberry sauce

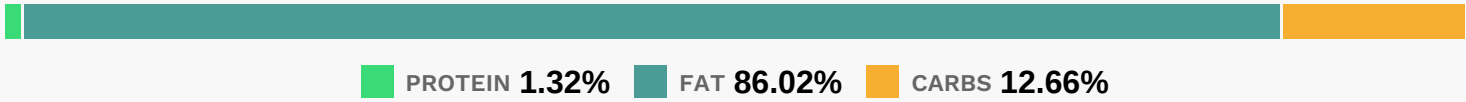
Equipment

☐ blender

Directions

- ☐ Place cranberry sauce, Dijon mustard, garlic, salt, black pepper, rice vinegar, and cider vinegar into a blender. Turn the blender on and process until smooth, about 30 seconds.
- ☐ Pour in walnut oil in a steady stream, then vegetable oil. Blend until the salad dressing is thick and creamy, about 1 minute.

Nutrition Facts



Properties

Glycemic Index:184, Glycemic Load:0.73, Inflammation Score:-6, Nutrition Score:11.308260896932%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 1.94mg, Myricetin: 1.94mg, Myricetin: 1.94mg, Myricetin: 1.94mg Quercetin: 1.73mg, Quercetin: 1.73mg, Quercetin: 1.73mg, Quercetin: 1.73mg

Nutrients (% of daily need)

Calories: 1045.22kcal (52.26%), Fat: 100.33g (154.35%), Saturated Fat: 11.77g (73.59%), Carbohydrates: 33.22g (11.07%), Net Carbohydrates: 29.68g (10.79%), Sugar: 23.44g (26.04%), Cholesterol: 0mg (0%), Sodium: 693.04mg (30.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.48g (6.95%), Vitamin K: 90.48µg (86.18%), Selenium: 22.25µg (31.79%), Vitamin E: 4.66mg (31.05%), Manganese: 0.55mg (27.42%), Fiber: 3.54g (14.14%), Magnesium: 35.83mg (8.96%), Vitamin B1: 0.13mg (8.95%), Iron: 1.48mg (8.25%), Phosphorus: 82.11mg (8.21%), Calcium: 55.2mg (5.52%), Potassium: 171.23mg (4.89%), Vitamin B6: 0.09mg (4.51%), Copper: 0.08mg (4.16%), Vitamin B2: 0.06mg (3.49%), Zinc: 0.49mg (3.24%), Vitamin C: 1.88mg (2.28%), Vitamin B3: 0.44mg (2.21%), Vitamin B5: 0.21mg (2.06%), Vitamin A: 74.41IU (1.49%), Folate: 5.16µg (1.29%)