



Cumin-Dijon Vinaigrette

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



10 min.

SERVINGS



10

CALORIES



22 kcal

SIDE DISH

Ingredients

- 2 tablespoons dijon mustard
- 0.5 cup olive oil extra virgin
- 0.3 teaspoon ground cumin
- 0.3 teaspoon salt
- 0.3 teaspoon sugar
- 3 tablespoons citrus champagne vinegar

Equipment

- whisk

Directions

Whisk together all ingredients.

Nutrition Facts

PROTEIN 2.49% **FAT 92.23%** **CARBS 5.28%**

Properties

Glycemic Index:10.71, Glycemic Load:0.08, Inflammation Score:-1, Nutrition Score:0.41260870043998%

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: 22.35kcal (1.12%), Fat: 2.27g (3.5%), Saturated Fat: 0.31g (1.92%), Carbohydrates: 0.29g (0.1%), Net Carbohydrates: 0.16g (0.06%), Sugar: 0.14g (0.16%), Cholesterol: 0mg (0%), Sodium: 91.63mg (3.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.14g (0.28%), Vitamin E: 0.32mg (2.15%), Selenium: 1.02µg (1.46%), Vitamin K: 1.35µg (1.28%)