



Dijon Vinaigrette



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



3

CALORIES



77 kcal

SIDE DISH

Ingredients

- 0.5 teaspoon pepper black freshly ground
- 1 tablespoon dijon mustard
- 1 teaspoon kosher salt
- 0.5 cup olive oil extra virgin extra-virgin
- 2 tablespoons red wine vinegar
- 3 tablespoons shallots finely chopped (from 1 medium shallot)

Equipment

- bowl

whisk

Directions

Place all of the ingredients except the oil in a medium, nonreactive bowl and whisk to combine. While whisking continuously, add the oil in a slow, steady stream until it's fully incorporated. Refrigerate in a container with a tightfitting lid for up to 4 days.

Nutrition Facts


PROTEIN 2.59% **FAT 86.09%** **CARBS 11.32%**

Properties

Glycemic Index:31.33, Glycemic Load:0.47, Inflammation Score:-1, Nutrition Score:1.5843478321381%

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: 76.63kcal (3.83%), Fat: 7.39g (11.37%), Saturated Fat: 1.01g (6.33%), Carbohydrates: 2.19g (0.73%), Net Carbohydrates: 1.57g (0.57%), Sugar: 0.86g (0.96%), Cholesterol: 0mg (0%), Sodium: 832.37mg (36.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.5g (1%), Vitamin E: 1.06mg (7.08%), Manganese: 0.1mg (4.96%), Vitamin K: 5.04µg (4.8%), Selenium: 1.84µg (2.63%), Fiber: 0.62g (2.48%), Vitamin B6: 0.04mg (1.95%), Iron: 0.32mg (1.8%), Potassium: 49.46mg (1.41%), Magnesium: 5.49mg (1.37%), Phosphorus: 12.73mg (1.27%), Vitamin B1: 0.02mg (1.05%), Vitamin C: 0.87mg (1.05%)