



Green Onion Dressing



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



92 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons dijon mustard
- ☐ 2 tablespoons wine dry white
- ☐ 2 tablespoons basil fresh chopped
- ☐ 2 tablespoons mint leaves fresh chopped
- ☐ 8 spring onion
- ☐ 2 tablespoons parsley chopped
- ☐ 2 tablespoons salad oil
- ☐ 0.3 cup seasoned rice vinegar

☐ 4 servings pepper white

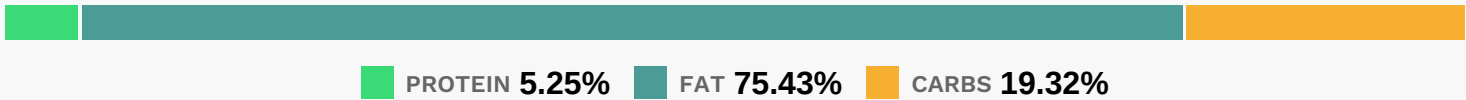
Equipment

- ☐ food processor
- ☐ bowl
- ☐ blender

Directions

- ☐ Rinse and trim ends from green onions; cut into 2-inch pieces (including tops). In a food processor or blender, pure the onions, rice vinegar, wine, mustard, oil, parsley, mint, and basil until smooth. Stir in white pepper to taste.
- ☐ Scrape into a small bowl; if making up to 1 day ahead, cover and chill.

Nutrition Facts



Properties

Glycemic Index:57.75, Glycemic Load:0.45, Inflammation Score:-6, Nutrition Score:7.7417390968489%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Eriodictyol: 0.77mg, Eriodictyol: 0.77mg, Eriodictyol: 0.77mg, Eriodictyol: 0.77mg Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 4.44mg, Apigenin: 4.44mg, Apigenin: 4.44mg, Apigenin: 4.44mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 2.57mg, Quercetin: 2.57mg, Quercetin: 2.57mg, Quercetin: 2.57mg

Nutrients (% of daily need)

Calories: 91.77kcal (4.59%), Fat: 7.39g (11.36%), Saturated Fat: 0.56g (3.52%), Carbohydrates: 4.26g (1.42%), Net Carbohydrates: 2.51g (0.91%), Sugar: 0.76g (0.85%), Cholesterol: 0mg (0%), Sodium: 89.07mg (3.87%), Alcohol: 0.77g (100%), Alcohol %: 1.41% (100%), Protein: 1.16g (2.31%), Vitamin K: 91.76µg (87.39%), Vitamin A: 572.03IU (11.44%), Manganese: 0.22mg (10.86%), Vitamin C: 8.6mg (10.42%), Vitamin E: 1.41mg (9.38%), Fiber: 1.75g (7.01%), Iron: 1.07mg (5.94%), Folate: 22.73µg (5.68%), Selenium: 2.85µg (4.07%), Calcium: 39.54mg (3.95%), Magnesium:

14.75mg (3.69%), Potassium: 112.85mg (3.22%), Copper: 0.06mg (3%), Phosphorus: 26.03mg (2.6%), Vitamin B2: 0.04mg (2.19%), Vitamin B1: 0.03mg (2.15%), Vitamin B6: 0.03mg (1.61%), Zinc: 0.23mg (1.55%), Vitamin B3: 0.26mg (1.29%)