



Honey-Cider Vinaigrette



Vegetarian



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



5

CALORIES



85 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup cider vinegar
- ☐ 2 tablespoons honey
- ☐ 0.5 teaspoon kosher salt
- ☐ 0.7 cup olive oil
- ☐ 0.3 teaspoon pepper
- ☐ 1 shallots minced
- ☐ 1 tablespoon grain dijon mustard whole

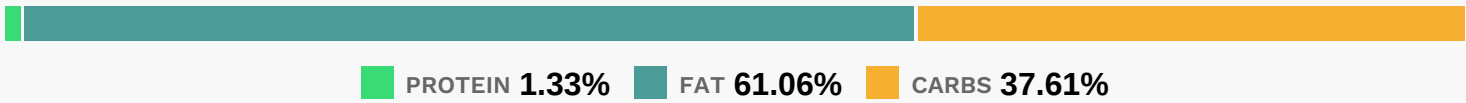
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Combine first 2 ingredients in a small bowl, and let stand 5 minutes.
- ☐ Whisk honey and next 3 ingredients into vinegar mixture.
- ☐ Add oil in a slow, steady stream, whisking constantly until well blended.

Nutrition Facts



Properties

Glycemic Index:37.25, Glycemic Load:3.89, Inflammation Score:-1, Nutrition Score:1.1239130495359%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg

Nutrients (% of daily need)

Calories: 85.48kcal (4.27%), Fat: 5.87g (9.03%), Saturated Fat: 0.8g (5.03%), Carbohydrates: 8.13g (2.71%), Net Carbohydrates: 7.8g (2.84%), Sugar: 7.4g (8.22%), Cholesterol: 0mg (0%), Sodium: 267.42mg (11.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.29g (0.58%), Vitamin E: 0.84mg (5.62%), Manganese: 0.09mg (4.34%), Vitamin K: 3.72µg (3.54%), Selenium: 1.17µg (1.67%), Fiber: 0.33g (1.32%), Iron: 0.22mg (1.22%), Potassium: 38.63mg (1.1%), Vitamin B6: 0.02mg (1.08%)