



Horseradish Vinaigrette

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



5 min.

SERVINGS



4

CALORIES



73 kcal

SIDE DISH

Ingredients

- 0.3 cup balsamic vinegar
- 1 teaspoon pepper black
- 0.3 cup horseradish mustard
- 0.5 cup olive oil extra-virgin

Equipment

- bowl
- whisk

Directions

In a small bowl, whisk together the balsamic vinegar, mustard, olive oil and black pepper. The dressing should come out a little creamy but not too thick.

Nutrition Facts

PROTEIN 4.39% **FAT 74.19%** **CARBS 21.42%**

Properties

Glycemic Index:28.5, Glycemic Load:1.47, Inflammation Score:-1, Nutrition Score:1.9500000029802%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg

Nutrients (% of daily need)

Calories: 72.51kcal (3.63%), Fat: 5.94g (9.14%), Saturated Fat: 0.79g (4.95%), Carbohydrates: 3.86g (1.29%), Net Carbohydrates: 3.06g (1.11%), Sugar: 2.61g (2.9%), Cholesterol: 0mg (0%), Sodium: 175.06mg (7.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.79g (1.58%), Selenium: 5.32µg (7.59%), Manganese: 0.15mg (7.48%), Vitamin E: 0.84mg (5.58%), Vitamin K: 4.3µg (4.1%), Fiber: 0.8g (3.18%), Magnesium: 10.24mg (2.56%), Iron: 0.44mg (2.45%), Phosphorus: 20.63mg (2.06%), Vitamin B1: 0.03mg (2%), Calcium: 16.38mg (1.64%), Potassium: 47.89mg (1.37%), Copper: 0.02mg (1.12%)