



Horseradish Vinaigrette



Vegetarian



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



10

CALORIES



29 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon dijon mustard
- ☐ 1 tablespoon flat-leaf parsley fresh chopped
- ☐ 1 tablespoon tarragon fresh chopped
- ☐ 1 garlic clove finely chopped
- ☐ 1.5 teaspoons honey
- ☐ 2 tablespoons horseradish
- ☐ 0.5 cup olive oil
- ☐ 0.5 teaspoon pepper

- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup citrus champagne vinegar

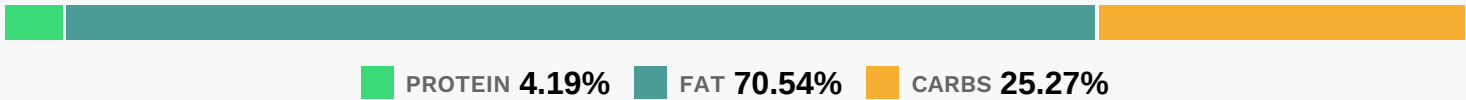
Equipment

- ☐ whisk

Directions

- ☐ Whisk together all ingredients.
- ☐ Serve immediately, or cover and chill up to 4 days.

Nutrition Facts



Properties

Glycemic Index:28.33, Glycemic Load:0.79, Inflammation Score:-1, Nutrition Score:1.3521739153758%

Flavonoids

Apigenin: 0.87mg, Apigenin: 0.87mg, Apigenin: 0.87mg, Apigenin: 0.87mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 29.06kcal (1.45%), Fat: 2.29g (3.52%), Saturated Fat: 0.32g (2%), Carbohydrates: 1.85g (0.62%), Net Carbohydrates: 1.58g (0.58%), Sugar: 1.13g (1.26%), Cholesterol: 0mg (0%), Sodium: 146.83mg (6.38%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 0.31g (0.61%), Vitamin K: 8.09µg (7.71%), Manganese: 0.09mg (4.45%), Vitamin C: 1.77mg (2.15%), Vitamin E: 0.32mg (2.14%), Iron: 0.36mg (1.98%), Vitamin A: 64.79IU (1.3%), Calcium: 12.77mg (1.28%), Vitamin B6: 0.02mg (1.24%), Magnesium: 4.75mg (1.19%), Potassium: 39.22mg (1.12%), Folate: 4.39µg (1.1%), Fiber: 0.26g (1.05%)