



Janet's Blender Vinaigrette



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



1

CALORIES



555 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup cider vinegar
- ☐ 1 large cloves garlic
- ☐ 3 Tbs onion chopped
- ☐ 0.5 tsp pepper
- ☐ 1 tsp salt dry
- ☐ 2.5 Tbs sugar
- ☐ 1 cup vegetable oil

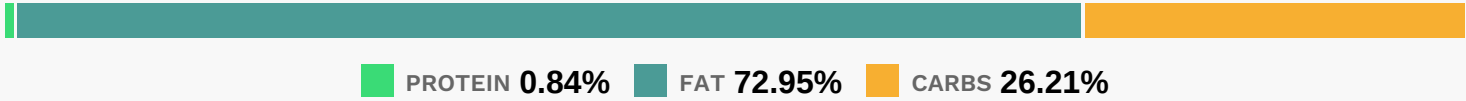
Equipment

☐ blender

Directions

☐ Combine all except oil in blender and blend. While blender is running, slowly add oil in slow steady stream.

Nutrition Facts



Properties

Glycemic Index:199.09, Glycemic Load:22.41, Inflammation Score:-5, Nutrition Score:7.9956522279459%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 6.14mg, Quercetin: 6.14mg, Quercetin: 6.14mg

Nutrients (% of daily need)

Calories: 555.16kcal (27.76%), Fat: 44.5g (68.46%), Saturated Fat: 6.72g (41.99%), Carbohydrates: 35.99g (12%), Net Carbohydrates: 34.92g (12.7%), Sugar: 31.86g (35.4%), Cholesterol: 0mg (0%), Sodium: 8.44mg (0.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.15g (2.29%), Vitamin K: 82.1µg (78.19%), Manganese: 0.56mg (28.21%), Vitamin E: 3.69mg (24.58%), Selenium: 5.09µg (7.27%), Potassium: 171.71mg (4.91%), Magnesium: 18.83mg (4.71%), Fiber: 1.07g (4.28%), Vitamin B6: 0.08mg (4.2%), Phosphorus: 40.99mg (4.1%), Vitamin C: 3.3mg (4%), Iron: 0.66mg (3.66%), Calcium: 30.75mg (3.07%), Copper: 0.06mg (2.93%), Vitamin B1: 0.04mg (2.47%), Folate: 9.2µg (2.3%), Zinc: 0.27mg (1.8%), Vitamin B2: 0.02mg (1.42%)