



Maple-Cider Vinaigrette



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



5

CALORIES



78 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup cider vinegar
- ☐ 1 tablespoon dijon mustard
- ☐ 2 tablespoons maple syrup pure
- ☐ 0.7 cup olive oil
- ☐ 0.3 teaspoon pepper
- ☐ 0.3 teaspoon salt

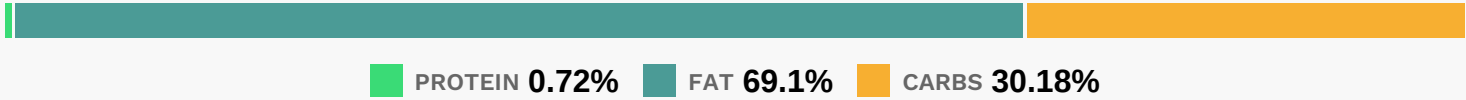
Equipment

- ☐ whisk

Directions

Whisk together first 5 ingredients. Gradually whisk in oil until completely blended. Cover and refrigerate up to 3 days.

Nutrition Facts



Properties

Glycemic Index:28.1, Glycemic Load:2.05, Inflammation Score:-1, Nutrition Score:1.5760869611379%

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: 77.95kcal (3.9%), Fat: 5.86g (9.02%), Saturated Fat: 0.8g (5.02%), Carbohydrates: 5.76g (1.92%), Net Carbohydrates: 5.61g (2.04%), Sugar: 4.9g (5.45%), Cholesterol: 0mg (0%), Sodium: 150.93mg (6.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.14g (0.28%), Manganese: 0.25mg (12.46%), Vitamin B2: 0.1mg (6.1%), Vitamin E: 0.84mg (5.61%), Vitamin K: 3.68µg (3.5%), Selenium: 1.04µg (1.49%), Calcium: 12.3mg (1.23%), Magnesium: 4.09mg (1.02%), Potassium: 35.54mg (1.02%)