



Maple-Cider Vinaigrette



Vegetarian



Vegan



Dairy Free

READY IN



5 min.

SERVINGS



5

CALORIES



81 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
- ☐ 5 servings try build-a-meal
- ☐ 0.3 teaspoon salt

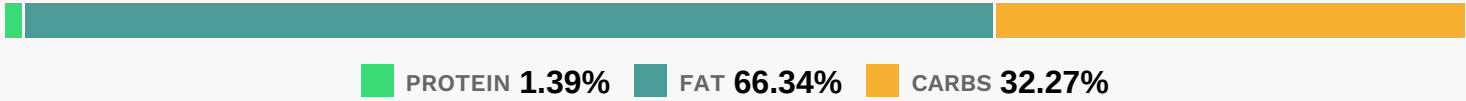
Equipment

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:1.9578261066876%

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: 81.19kcal (4.06%), Fat: 5.89g (9.06%), Saturated Fat: 0.81g (5.04%), Carbohydrates: 6.45g (2.15%), Net Carbohydrates: 6.07g (2.21%), Sugar: 4.91g (5.46%), Cholesterol: 0mg (0%), Sodium: 150.94mg (6.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.28g (0.56%), Manganese: 0.32mg (15.81%), Vitamin B2: 0.11mg (6.28%), Vitamin E: 0.86mg (5.7%), Vitamin K: 3.74µg (3.56%), Selenium: 1.55µg (2.22%), Magnesium: 6.57mg (1.64%), Fiber: 0.38g (1.52%), Calcium: 12.86mg (1.29%), Potassium: 42.84mg (1.22%), Phosphorus: 10.99mg (1.1%), Iron: 0.2mg (1.09%)