



Maple-Mustard Vinaigrette



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



5

CALORIES



122 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 0.5 teaspoon dijon mustard
- ☐ 2 teaspoons juice of lemon fresh
- ☐ 2 tablespoons maple syrup
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 0.5 teaspoon salt
- ☐ 1 small shallots minced

Equipment

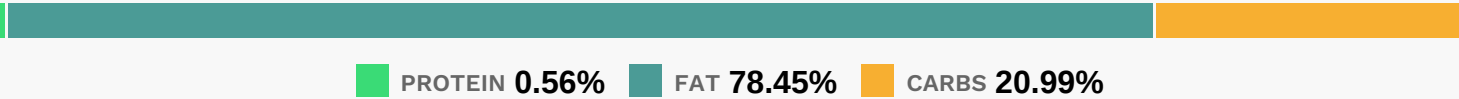
- ☐ bowl
- ☐ whisk

Directions

☐

Whisk together all ingredients in a medium bowl; set aside.

Nutrition Facts



Properties

Glycemic Index:26.1, Glycemic Load:2.2, Inflammation Score:-1, Nutrition Score:1.9621739575396%

Flavonoids

Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 121.92kcal (6.1%), Fat: 10.83g (16.67%), Saturated Fat: 1.5g (9.35%), Carbohydrates: 6.52g (2.17%), Net Carbohydrates: 6.28g (2.29%), Sugar: 5.25g (5.83%), Cholesterol: 0mg (0%), Sodium: 239.64mg (10.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.17g (0.35%), Manganese: 0.23mg (11.35%), Vitamin E: 1.56mg (10.43%), Vitamin K: 6.88µg (6.55%), Vitamin B2: 0.1mg (6.09%), Vitamin C: 1.18mg (1.43%), Calcium: 12.14mg (1.21%), Potassium: 40.32mg (1.15%)