



Maple-Walnut Vinaigrette



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



108 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon dijon mustard
- ☐ 0.1 teaspoon ground nutmeg
- ☐ 0.3 cup maple syrup
- ☐ 0.3 teaspoon pepper
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup sherry vinegar
- ☐ 0.5 cup walnut oil

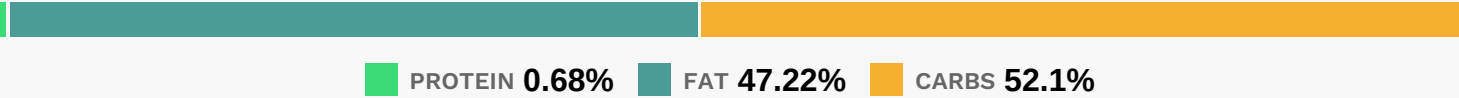
Equipment

whisk

Directions

Whisk together all ingredients. Store in refrigerator up to 1 week.

Nutrition Facts



Properties

Glycemic Index:42.63, Glycemic Load:4.99, Inflammation Score:-1, Nutrition Score:2.4095652262154%

Nutrients (% of daily need)

Calories: 108.28kcal (5.41%), Fat: 5.6g (8.62%), Saturated Fat: 0.52g (3.27%), Carbohydrates: 13.91g (4.64%), Net Carbohydrates: 13.7g (4.98%), Sugar: 12.13g (13.48%), Cholesterol: 0mg (0%), Sodium: 334.98mg (14.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.18g (0.36%), Manganese: 0.5mg (25.19%), Vitamin B2: 0.26mg (15.2%), Calcium: 26.04mg (2.6%), Selenium: 1.28µg (1.83%), Magnesium: 6.96mg (1.74%), Potassium: 58.67mg (1.68%), Vitamin B1: 0.02mg (1.38%), Zinc: 0.17mg (1.15%), Vitamin K: 1.08µg (1.03%)