



Mustard Seed-Chive Vinaigrette



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



48

CALORIES



3 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 teaspoon dijon mustard country-style
- ☐ 1 tablespoon olive oil extravirgin
- ☐ 2 tablespoons chives fresh chopped
- ☐ 1 teaspoon honey
- ☐ 0.5 teaspoon kosher salt
- ☐ 0.5 teaspoon mustard seeds
- ☐ 2 tablespoons sherry vinegar

☐ 1 tablespoon water

Equipment

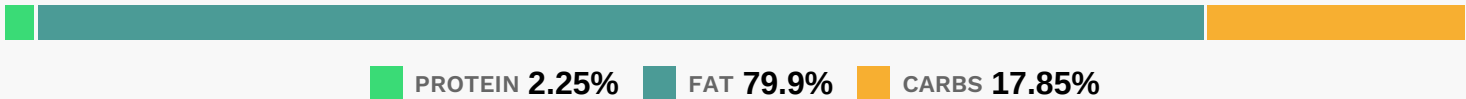
☐ bowl

☐ whisk

Directions

☐ Combine vinegar, 1 tablespoon water, mustard, and honey in a small bowl; stir with a whisk. Slowly add oil, stirring constantly with a whisk until well blended. Stir in chives, kosher salt, mustard seeds, and freshly ground black pepper.

Nutrition Facts



Properties

Glycemic Index:3.36, Glycemic Load:0.07, Inflammation Score:-1, Nutrition Score:0.084782609473104%

Flavonoids

Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 3.45kcal (0.17%), Fat: 0.31g (0.47%), Saturated Fat: 0.04g (0.26%), Carbohydrates: 0.15g (0.05%), Net Carbohydrates: 0.14g (0.05%), Sugar: 0.13g (0.14%), Cholesterol: 0mg (0%), Sodium: 25.46mg (1.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.02g (0.04%)