



My Simple Basic Vinaigrette



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



5 min.

SERVINGS



2

CALORIES



319 kcal

SIDE DISH

Ingredients



0.3 cup dijon mustard



1.5 cup vegetable oil



0.5 cup citrus champagne vinegar

Equipment

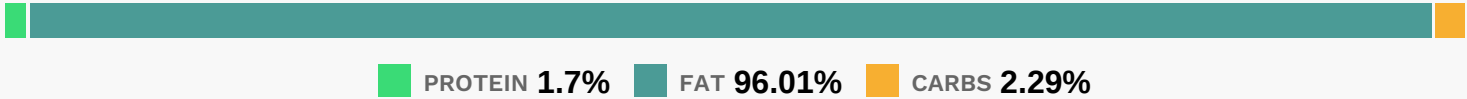


blender

Directions

- ☐
- Combine the mustard and vinegar in a blender. Blend to combine. Then, with the machine running, drizzle in about ½ cup of the oil. Once it emulsifies and becomes very creamy turn off the machine and pour the mixture into a large jar.
- ☐
- Add the remaining 1 cup oil. Secure the lid and shake to combine. Reshake just before serving.

Nutrition Facts



Properties

Glycemic Index:16, Glycemic Load:0.1, Inflammation Score:-3, Nutrition Score:5.8160869945651%

Nutrients (% of daily need)

Calories: 319.41kcal (15.97%), Fat: 33.75g (51.93%), Saturated Fat: 5.07g (31.66%), Carbohydrates: 1.81g (0.6%), Net Carbohydrates: 0.47g (0.17%), Sugar: 0.44g (0.49%), Cholesterol: 0mg (0%), Sodium: 347.15mg (15.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.35g (2.69%), Vitamin K: 60.6µg (57.72%), Vitamin E: 2.78mg (18.56%), Selenium: 10.58µg (15.12%), Manganese: 0.16mg (7.86%), Fiber: 1.34g (5.35%), Magnesium: 17.33mg (4.33%), Iron: 0.77mg (4.28%), Vitamin B1: 0.06mg (3.92%), Phosphorus: 38.4mg (3.84%), Calcium: 23.19mg (2.32%), Potassium: 69.99mg (2%), Zinc: 0.22mg (1.45%), Copper: 0.03mg (1.45%), Vitamin B2: 0.02mg (1.21%), Vitamin B6: 0.02mg (1.07%)