



Orange-and-Ale Vinaigrette



Vegetarian



Dairy Free

READY IN



10 min.

SERVINGS



10

CALORIES



61 kcal

SIDE DISH

Ingredients

- ☐ 1 teaspoon dijon mustard
- ☐ 1 tablespoon honey
- ☐ 3 ounces indian pale ale
- ☐ 10 servings kosher salt and pepper freshly ground
- ☐ 4 tablespoons olive oil extra-virgin
- ☐ 1 teaspoon orange zest finely grated
- ☐ 1 tablespoon shallots minced

Equipment

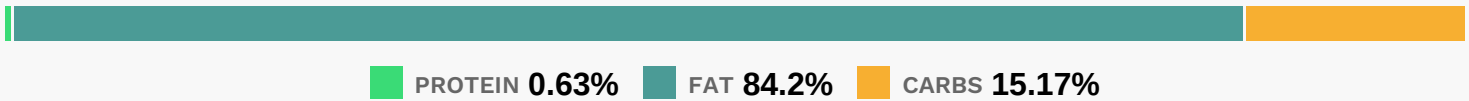
- ☐ bowl
- ☐ whisk

Directions

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In a small bowl, whisk the beer with the shallot, orange zest, honey and mustard. Gradually add the oil in a thin stream, whisking constantly. Season the vinaigrette with salt and pepper and serve.

Nutrition Facts



Properties

Glycemic Index:15.48, Glycemic Load:1.07, Inflammation Score:-1, Nutrition Score:0.56826086447615%

Flavonoids

Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 60.76kcal (3.04%), Fat: 5.62g (8.64%), Saturated Fat: 0.77g (4.84%), Carbohydrates: 2.28g (0.76%), Net Carbohydrates: 2.2g (0.8%), Sugar: 1.81g (2.01%), Cholesterol: 0mg (0%), Sodium: 199.95mg (8.69%), Alcohol: 0.33g (100%), Alcohol %: 2.28% (100%), Protein: 0.09g (0.19%), Vitamin E: 0.81mg (5.39%), Vitamin K: 3.39µg (3.23%)