



## Orange Mustard Vinaigrette



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



6

CALORIES



71 kcal

SIDE DISH

### Ingredients

- 0.5 cup balsamic vinegar
- 0.7 cup olive oil extra virgin
- 1 juice of orange juiced
- 2 tablespoons mustard coarse-grained
- 2 tablespoons orange zest

### Equipment

- bowl
- whisk

## Directions

In a medium bowl, whisk together the balsamic vinegar, olive oil, orange juice, orange zest and mustard. Use immediately, or store in the refrigerator for up to one week.

## Nutrition Facts

**PROTEIN 2.44%** **FAT 65.79%** **CARBS 31.77%**

## Properties

Glycemic Index:22.33, Glycemic Load:2.36, Inflammation Score:-1, Nutrition Score:1.6160869663176%

## Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 1.2mg, Hesperetin: 1.2mg, Hesperetin: 1.2mg, Hesperetin: 1.2mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

## Nutrients (% of daily need)

Calories: 70.62kcal (3.53%), Fat: 4.99g (7.68%), Saturated Fat: 0.68g (4.24%), Carbohydrates: 5.42g (1.81%), Net Carbohydrates: 4.98g (1.81%), Sugar: 4.09g (4.54%), Cholesterol: 0mg (0%), Sodium: 60.14mg (2.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.42g (0.83%), Vitamin C: 7.74mg (9.38%), Vitamin E: 0.72mg (4.78%), Vitamin K: 2.97µg (2.83%), Manganese: 0.05mg (2.5%), Selenium: 1.73µg (2.47%), Fiber: 0.45g (1.79%), Iron: 0.3mg (1.64%), Magnesium: 6.49mg (1.62%), Potassium: 55.59mg (1.59%), Vitamin B1: 0.02mg (1.39%), Calcium: 13.26mg (1.33%), Phosphorus: 11.56mg (1.16%)