



Peach-Poppy Seed Vinaigrette

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



5

CALORIES



89 kcal

SIDE DISH

Ingredients

- 2 tablespoons apple cider vinegar
- 0.5 cup canola oil
- 0.5 teaspoon dijon mustard
- 0.5 teaspoon kosher salt
- 3 tablespoons peach preserves
- 0.8 cup peaches frozen thawed sliced
- 1.5 teaspoons poppy seeds

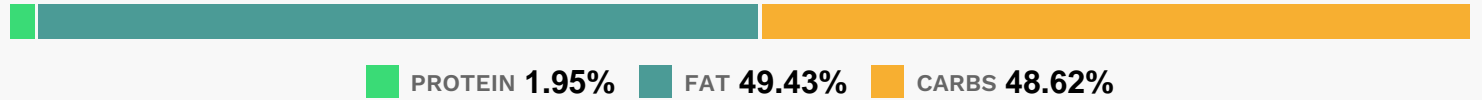
Equipment

food processor

Directions

Process peaches, peach preserves, vinegar, Dijon mustard, and salt in a food processor until smooth. With processor running, pour canola oil through food chute in a slow stream. Process until smooth; stir in poppy seeds.

Nutrition Facts



Properties

Glycemic Index:34.45, Glycemic Load:5.3, Inflammation Score:-1, Nutrition Score:1.6939130567986%

Flavonoids

Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg Catechin: 1.14mg, Catechin: 1.14mg, Catechin: 1.14mg, Catechin: 1.14mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 0.54mg, Epicatechin: 0.54mg, Epicatechin: 0.54mg, Epicatechin: 0.54mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 88.96kcal (4.45%), Fat: 4.94g (7.6%), Saturated Fat: 0.38g (2.36%), Carbohydrates: 10.94g (3.65%), Net Carbohydrates: 10.26g (3.73%), Sugar: 7.82g (8.68%), Cholesterol: 0mg (0%), Sodium: 245.43mg (10.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.44g (0.88%), Vitamin E: 0.98mg (6.56%), Manganese: 0.1mg (4.84%), Vitamin K: 3.89µg (3.71%), Fiber: 0.68g (2.7%), Vitamin C: 2.01mg (2.44%), Copper: 0.05mg (2.28%), Calcium: 17.15mg (1.71%), Phosphorus: 16.21mg (1.62%), Vitamin A: 75.66IU (1.51%), Magnesium: 6mg (1.5%), Selenium: 1.02µg (1.46%), Potassium: 49.07mg (1.4%), Iron: 0.25mg (1.37%), Vitamin B1: 0.02mg (1.07%), Vitamin B2: 0.02mg (1.03%), Vitamin B3: 0.2mg (1.01%)