



Pepper Jelly Vinaigrette



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



10

CALORIES



74 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 0.3 cup pepper jelly
- ☐ 1 tablespoon juice of lime fresh
- ☐ 1 tablespoon onion grated
- ☐ 0.3 teaspoon pepper
- ☐ 0.3 cup rice wine vinegar
- ☐ 1 teaspoon salt
- ☐ 0.3 cup vegetable oil

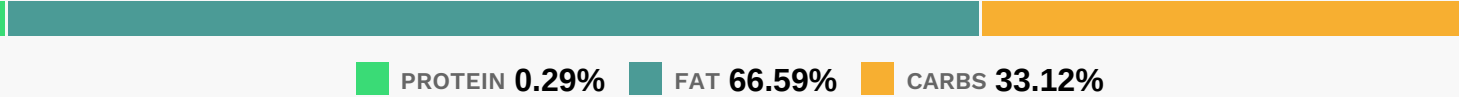
Equipment

whisk

Directions

Whisk together first 6 ingredients. Gradually add oil in a slow, steady stream, whisking until blended.

Nutrition Facts



Properties

Glycemic Index:16.4, Glycemic Load:3.2, Inflammation Score:-1, Nutrition Score:0.82260870407133%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 73.86kcal (3.69%), Fat: 5.46g (8.4%), Saturated Fat: 0.83g (5.21%), Carbohydrates: 6.11g (2.04%), Net Carbohydrates: 5.98g (2.18%), Sugar: 4.19g (4.66%), Cholesterol: 0mg (0%), Sodium: 235.48mg (10.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.05g (0.11%), Vitamin K: 10.12µg (9.64%), Vitamin E: 0.46mg (3.07%), Vitamin C: 1.27mg (1.54%)