



Red Pepper Jelly Vinaigrette



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



171 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 3 tablespoons bell pepper red
- ☐ 0.3 teaspoon kosher salt
- ☐ 1 tablespoon mustard coarse-grained
- ☐ 0.3 cup olive oil
- ☐ 6 tablespoons red wine vinegar
- ☐ 2 Tbsp shallots minced

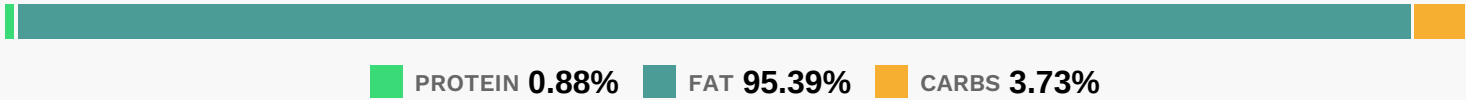
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Whisk together vinegar, olive oil, red pepper jelly, shallot, mustard, salt, and pepper in a small bowl.

Nutrition Facts



Properties

Glycemic Index:31.5, Glycemic Load:0.32, Inflammation Score:-2, Nutrition Score:2.8434783129588%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 171.41kcal (8.57%), Fat: 18.16g (27.93%), Saturated Fat: 2.5g (15.63%), Carbohydrates: 1.6g (0.53%), Net Carbohydrates: 1.1g (0.4%), Sugar: 0.74g (0.82%), Cholesterol: 0mg (0%), Sodium: 189.66mg (8.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.38g (0.75%), Vitamin E: 2.72mg (18.12%), Vitamin C: 9.46mg (11.46%), Vitamin K: 11.48µg (10.93%), Vitamin A: 221.93IU (4.44%), Manganese: 0.06mg (3.24%), Iron: 0.37mg (2.03%), Vitamin B6: 0.04mg (2.02%), Fiber: 0.5g (2%), Selenium: 1.35µg (1.93%), Potassium: 47.69mg (1.36%), Folate: 5.19µg (1.3%), Magnesium: 4.8mg (1.2%), Phosphorus: 10.86mg (1.09%)