



Roasted Shallot Vinaigrette



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



10

CALORIES



89 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons balsamic vinegar
- ☐ 0.3 cup olive oil
- ☐ 1 tablespoon olive oil
- ☐ 0.5 teaspoon pepper
- ☐ 0.8 teaspoon salt
- ☐ 5 shallots
- ☐ 0.5 teaspoon sugar
- ☐ 2 tablespoons citrus champagne vinegar

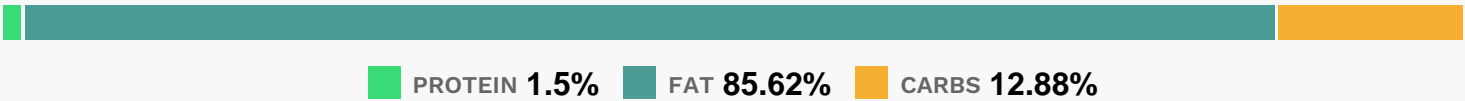
Equipment

- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 40
- ☐ Peel shallots, and toss with 1 Tbsp. olive oil in a large bowl. Arrange shallots on an aluminum foil-lined baking sheet.
- ☐ Bake at 400 for 25 minutes or until shallots are very tender, turning once after 15 minutes.
- ☐ Remove from oven, and let cool 10 minutes.
- ☐ Pulse roasted shallots, white wine vinegar, and next 4 ingredients in a food processor 3 to 5 times or until thoroughly blended. With processor running, slowly pour 1/3 cup olive oil through food chute in a slow, steady stream, processing 15 to 20 seconds or until mixture is blended and smooth.
- ☐ Serve immediately. Store vinaigrette in an airtight container in refrigerator for up to 5 days.
- ☐ Let stand at room temperature for 10 minutes, and whisk just before serving.

Nutrition Facts



Properties

Glycemic Index:18.21, Glycemic Load:0.93, Inflammation Score:-1, Nutrition Score:1.3013043567214%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 89.43kcal (4.47%), Fat: 8.62g (13.26%), Saturated Fat: 1.19g (7.44%), Carbohydrates: 2.92g (0.97%), Net Carbohydrates: 2.49g (0.91%), Sugar: 1.66g (1.85%), Cholesterol: 0mg (0%), Sodium: 177.08mg (7.7%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 0.34g (0.68%), Vitamin E: 1.24mg (8.3%), Vitamin K: 5.44µg (5.18%), Manganese: 0.06mg (2.76%), Vitamin B6: 0.04mg (2.17%), Fiber: 0.43g (1.7%), Iron: 0.25mg (1.37%), Potassium: 47.96mg (1.37%), Vitamin C: 1.01mg (1.23%), Folate: 4.27µg (1.07%)