



## Shallot Vinaigrette



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



15

CALORIES



19 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

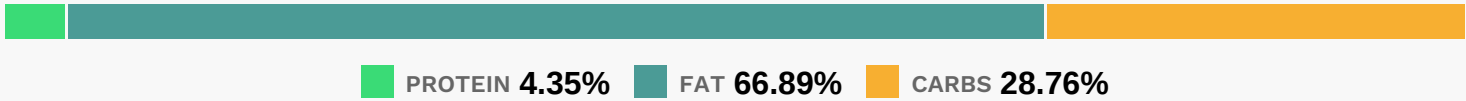
- ☐ 1 teaspoon thyme leaves fresh minced
- ☐ 0.5 cup olive oil extra-virgin divided
- ☐ 0.5 teaspoon pepper
- ☐ 1 teaspoon salt
- ☐ 0.5 cup shallots minced
- ☐ 2 tablespoons sherry vinegar

## Equipment

# Directions

- ☐ Cook shallots in 2 tbsp. oil over medium heat until very soft.
- ☐ Scrape into a lidded jar and add remaining ingredients. Cover and shake well to blend.
- ☐ Make ahead: Up to 2 weeks, chilled.

## Nutrition Facts



## Properties

Glycemic Index:7.13, Glycemic Load:0.34, Inflammation Score:-2, Nutrition Score:0.57478260281293%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg

## Nutrients (% of daily need)

Calories: 19.09kcal (0.95%), Fat: 1.45g (2.23%), Saturated Fat: 0.2g (1.26%), Carbohydrates: 1.41g (0.47%), Net Carbohydrates: 1.12g (0.41%), Sugar: 0.62g (0.69%), Cholesterol: 0mg (0%), Sodium: 156.19mg (6.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.21g (0.42%), Manganese: 0.04mg (1.76%), Vitamin E: 0.21mg (1.41%), Vitamin B6: 0.03mg (1.39%), Fiber: 0.29g (1.15%), Vitamin C: 0.85mg (1.04%)