



Sherry-Shallot Vinaigrette



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



1

CALORIES



500 kcal

SIDE DISH

Ingredients

- ☐ 1 serving kosher salt and pepper freshly ground
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 1 shallots thinly sliced
- ☐ 1.5 tablespoons sherry vinegar

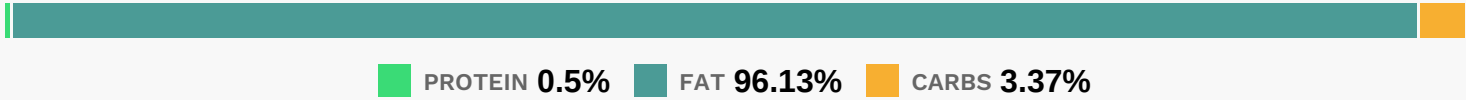
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ In a small bowl, toss the shallot with the vinegar and season with salt and pepper.
- ☐ Let stand for 15 minutes, then whisk in the oil.

Nutrition Facts



Properties

Glycemic Index:30, Glycemic Load:1.02, Inflammation Score:-1, Nutrition Score:5.0013043357302%

Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg

Nutrients (% of daily need)

Calories: 499.64kcal (24.98%), Fat: 54.03g (83.12%), Saturated Fat: 7.46g (46.6%), Carbohydrates: 4.26g (1.42%), Net Carbohydrates: 3.46g (1.26%), Sugar: 1.97g (2.19%), Cholesterol: 0mg (0%), Sodium: 199.67mg (8.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.63g (1.27%), Vitamin E: 7.79mg (51.91%), Vitamin K: 32.71µg (31.15%), Vitamin B6: 0.09mg (4.31%), Manganese: 0.08mg (4.19%), Iron: 0.71mg (3.92%), Fiber: 0.8g (3.2%), Potassium: 92.86mg (2.65%), Vitamin C: 2.11mg (2.56%), Folate: 8.5µg (2.13%), Phosphorus: 16.8mg (1.68%), Magnesium: 6.16mg (1.54%), Copper: 0.02mg (1.22%), Calcium: 11.26mg (1.13%)