



Sorghum Vinaigrette



Vegetarian



Vegan



Dairy Free

READY IN



5 min.

SERVINGS



5

CALORIES



169 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup apple cider vinegar
- ☐ 3 tablespoons bourbon
- ☐ 0.5 teaspoon hot sauce
- ☐ 1 cup olive oil
- ☐ 2 teaspoons onion grated
- ☐ 1 teaspoon pepper freshly ground
- ☐ 1 teaspoon salt
- ☐ 0.5 cup sorghum syrup

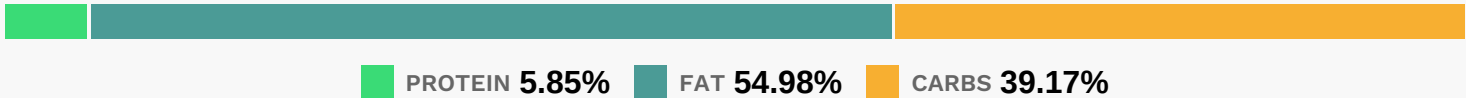
Equipment

☐ whisk

Directions

- ☐ Whisk together first 7 ingredients until blended.
- ☐ Add oil in a slow, steady stream, whisking until smooth.
- ☐ Brought to the table by chef Ouita Michel of Holly Hill Inn and Woodford Reserve Distillery (Sweet, Sweet Sorghum cookbook by Rona Roberts).

Nutrition Facts



Properties

Glycemic Index:22.8, Glycemic Load:0.15, Inflammation Score:-1, Nutrition Score:2.1526087227723%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 168.64kcal (8.43%), Fat: 9.29g (14.29%), Saturated Fat: 1.29g (8.04%), Carbohydrates: 14.89g (4.96%), Net Carbohydrates: 13.56g (4.93%), Sugar: 0.14g (0.15%), Cholesterol: 0mg (0%), Sodium: 478.39mg (20.8%), Alcohol: 3.01g (100%), Alcohol %: 3.88% (100%), Protein: 2.22g (4.44%), Vitamin E: 1.25mg (8.33%), Phosphorus: 58.28mg (5.83%), Manganese: 0.11mg (5.73%), Vitamin K: 5.87µg (5.59%), Iron: 0.99mg (5.51%), Fiber: 1.33g (5.3%), Vitamin B1: 0.05mg (3.13%), Vitamin B3: 0.57mg (2.85%), Potassium: 92.07mg (2.63%), Vitamin B2: 0.03mg (1.7%)