



Sweet and Sour Dressing

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



8

CALORIES



117 kcal

SIDE DISH

Ingredients

- 0.5 teaspoon celery seed
- 0.8 teaspoon mustard dry
- 0.3 small onion diced finely
- 1 teaspoon salt
- 1 cup vegetable oil
- 0.3 cup distilled vinegar white
- 0.7 cup sugar white

Equipment

blender

Directions

In a blender or salad dressing shaker, combine oil, sugar, vinegar, onion, salt, mustard, and celery seed. Blend or shake until emulsified.

Nutrition Facts

 **PROTEIN 0.32%**  **FAT 42.58%**  **CARBS 57.1%**

Properties

Glycemic Index:18.39, Glycemic Load:11.68, Inflammation Score:-1, Nutrition Score:0.80391306106163%

Flavonoids

Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 0.95mg, Luteolin: 0.95mg, Luteolin: 0.95mg, Luteolin: 0.95mg Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg

Nutrients (% of daily need)

Calories: 116.57kcal (5.83%), Fat: 5.61g (8.62%), Saturated Fat: 0.84g (5.24%), Carbohydrates: 16.91g (5.64%), Net Carbohydrates: 16.84g (6.12%), Sugar: 16.74g (18.6%), Cholesterol: 0mg (0%), Sodium: 291.38mg (12.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.1g (0.19%), Vitamin K: 10.04µg (9.56%), Vitamin E: 0.46mg (3.05%), Manganese: 0.02mg (1.21%)