



Sweet 'n Spicy Pepper Jelly Vinaigrette

 Gluten Free

READY IN



5 min.

SERVINGS



3

CALORIES



254 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 2 tablespoons apple cider vinegar
- ☐ 0.3 teaspoon garlic powder
- ☐ 2 teaspoons ground flaxseed
- ☐ 0.3 cup cold-pressed hemp oil extra-virgin
- ☐ 0.3 cup pepper jelly (I used Guava Brava Jenkin's Jelly)
- ☐ 2 tablespoons milk alternative unsweetened (your choice)
- ☐ 0.3 teaspoon salt

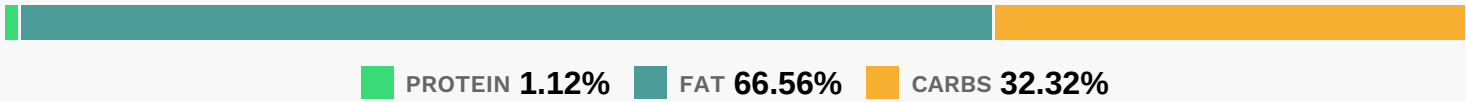
Equipment

- ☐ bowl
- ☐ whisk
- ☐ blender

Directions

- ☐ Combine all ingredients in a small bowl, glass jar, or blender, and whisk or blend until smooth.
- ☐ Let it sit for 5 minutes to thicken.The flaxseed will cause it to thicken even more with time, so I recommend whisking it in just before eating if you are going to chill this vinaigrette in the refrigerator overnight.

Nutrition Facts



Properties

Glycemic Index:56.67, Glycemic Load:10.8, Inflammation Score:-1, Nutrition Score:2.7099999733593%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg

Nutrients (% of daily need)

Calories: 253.93kcal (12.7%), Fat: 18.9g (29.08%), Saturated Fat: 2.72g (17.01%), Carbohydrates: 20.65g (6.88%), Net Carbohydrates: 19.95g (7.25%), Sugar: 14.29g (15.88%), Cholesterol: 1.2mg (0.4%), Sodium: 208.07mg (9.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.72g (1.44%), Vitamin E: 2.64mg (17.58%), Vitamin K: 10.92µg (10.4%), Manganese: 0.07mg (3.63%), Vitamin C: 2.5mg (3.04%), Fiber: 0.7g (2.79%), Phosphorus: 25.88mg (2.59%), Copper: 0.05mg (2.35%), Calcium: 22.56mg (2.26%), Vitamin B2: 0.04mg (2.23%), Vitamin B1: 0.03mg (2.21%), Magnesium: 8.26mg (2.06%), Iron: 0.35mg (1.95%), Selenium: 1.17µg (1.67%), Potassium: 58.16mg (1.66%), Vitamin B6: 0.02mg (1.11%), Folate: 4.39µg (1.1%)