



Sweet Onion Vinaigrette



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



10

CALORIES



40 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup apple cider vinegar
- ☐ 0.5 cup canola oil
- ☐ 0.3 teaspoon ground cumin
- ☐ 0.1 teaspoon ground pepper red
- ☐ 1 teaspoon kosher salt
- ☐ 2 tablespoons mustard coarse-grained
- ☐ 3 tablespoons sugar
- ☐ 0.5 cup onion sweet finely chopped

Equipment

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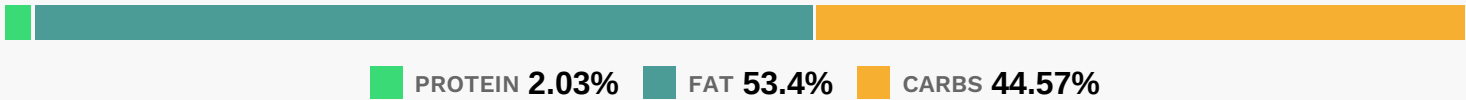
whisk

Directions

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Whisk together first 7 ingredients. Gradually add oil in a slow, steady stream, whisking constantly until smooth. Cover and chill 30 minutes or until ready to serve.

Nutrition Facts



Properties

Glycemic Index:17.91, Glycemic Load:2.56, Inflammation Score:-1, Nutrition Score:0.68608695203843%

Flavonoids

Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 1.16mg, Quercetin: 1.16mg, Quercetin: 1.16mg

Nutrients (% of daily need)

Calories: 39.99kcal (2%), Fat: 2.37g (3.65%), Saturated Fat: 0.17g (1.09%), Carbohydrates: 4.46g (1.49%), Net Carbohydrates: 4.25g (1.54%), Sugar: 4.07g (4.53%), Cholesterol: 0mg (0%), Sodium: 266.71mg (11.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.2g (0.41%), Vitamin E: 0.41mg (2.75%), Manganese: 0.04mg (2.07%), Vitamin K: 1.69µg (1.61%), Selenium: 1.1µg (1.56%)