



Tarragon Vinaigrette



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



3

CALORIES



75 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 tablespoon tarragon fresh chopped
- ☐ 1 teaspoon kosher salt
- ☐ 0.5 cup olive oil
- ☐ 0.3 cup citrus champagne vinegar

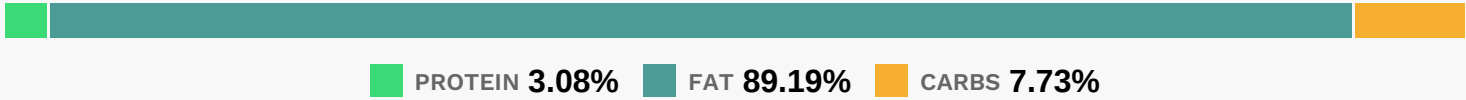
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Gradually add olive oil to vinegar in a small bowl, whisking constantly until smooth.
- ☐ Whisk in tarragon, salt, and pepper.

Nutrition Facts



Properties

Glycemic Index:34, Glycemic Load:0.74, Inflammation Score:-1, Nutrition Score:2.2513043208291%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg

Nutrients (% of daily need)

Calories: 75.15kcal (3.76%), Fat: 7.38g (11.35%), Saturated Fat: 1.04g (6.51%), Carbohydrates: 1.44g (0.48%), Net Carbohydrates: 1.18g (0.43%), Sugar: 0g (0%), Cholesterol: 0mg (0%), Sodium: 778.41mg (33.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.57g (1.15%), Manganese: 0.24mg (11.98%), Vitamin E: 1.04mg (6.94%), Iron: 0.92mg (5.13%), Vitamin K: 4.88µg (4.65%), Calcium: 29.8mg (2.98%), Vitamin B6: 0.06mg (2.86%), Potassium: 82.9mg (2.37%), Magnesium: 9.48mg (2.37%), Vitamin A: 99.82IU (2%), Vitamin B2: 0.03mg (1.87%), Folate: 6.45µg (1.61%), Vitamin C: 1.27mg (1.53%), Copper: 0.02mg (1.14%), Vitamin B3: 0.21mg (1.06%), Fiber: 0.26g (1.03%)