



Vidalia-Honey Vinaigrette



Vegetarian



Gluten Free



Dairy Free

READY IN



208 min.

SERVINGS



3

CALORIES



199 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup cider vinegar divided
- ☐ 1 tablespoon dijon mustard
- ☐ 0.3 cup honey
- ☐ 0.5 teaspoon pepper
- ☐ 0.5 teaspoon salt
- ☐ 0.8 cup vegetable oil divided
- ☐ 0.5 cup vidalia onion chopped

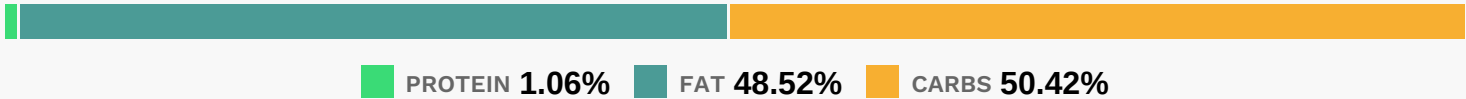
Equipment

- ☐ frying pan
- ☐ blender

Directions

- ☐ Saut onion in 1 Tbsp. hot oil in a medium skillet over medium heat, stirring often, 8 minutes or until caramel colored.
- ☐ Add 2 Tbsp. vinegar, stirring to loosen particles from bottom of skillet.
- ☐ Remove from heat; cool 5 minutes.
- ☐ Process onion mixture, honey, next 3 ingredients, and remaining oil and vinegar in a blender 30 seconds or until blended. Cover and chill 3 to 24 hours.

Nutrition Facts



Properties

Glycemic Index:52.09, Glycemic Load:12.27, Inflammation Score:-2, Nutrition Score:2.6134782686182%

Flavonoids

Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 3.87mg, Quercetin: 3.87mg, Quercetin: 3.87mg

Nutrients (% of daily need)

Calories: 198.84kcal (9.94%), Fat: 11.1g (17.08%), Saturated Fat: 1.68g (10.5%), Carbohydrates: 25.95g (8.65%), Net Carbohydrates: 25.36g (9.22%), Sugar: 24.68g (27.43%), Cholesterol: 0mg (0%), Sodium: 446.91mg (19.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.55g (1.09%), Vitamin K: 20.75µg (19.76%), Manganese: 0.16mg (7.84%), Vitamin E: 0.92mg (6.12%), Selenium: 2.1µg (3%), Fiber: 0.6g (2.38%), Vitamin B6: 0.05mg (2.29%), Potassium: 72.97mg (2.08%), Iron: 0.35mg (1.92%), Folate: 7.11µg (1.78%), Copper: 0.04mg (1.76%), Vitamin C: 1.44mg (1.75%), Magnesium: 6.94mg (1.74%), Phosphorus: 15.85mg (1.59%), Vitamin B1: 0.02mg (1.38%), Calcium: 13.29mg (1.33%), Vitamin B2: 0.02mg (1.17%)