



Vidalia Onion Vinaigrette



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



114 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon mustard dry
- ☐ 1 cup olive oil
- ☐ 1.5 teaspoons poppy seeds
- ☐ 0.3 cup red wine vinegar
- ☐ 1 teaspoon salt
- ☐ 0.8 cup sugar
- ☐ 1 vidalia sweet

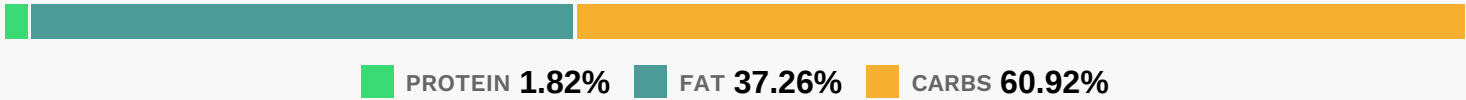
Equipment

☐ food processor

Directions

- ☐ Pulse onion in a food processor just until finely minced.
- ☐ Add sugar and next 3 ingredients; process until well-combined. With processor running, add oil in a slow, steady stream. Stir in poppy seeds.

Nutrition Facts



Properties

Glycemic Index:7.51, Glycemic Load:10.47, Inflammation Score:-2, Nutrition Score:1.5591304176689%

Flavonoids

Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 4.81mg, Quercetin: 4.81mg, Quercetin: 4.81mg, Quercetin: 4.81mg

Nutrients (% of daily need)

Calories: 113.96kcal (5.7%), Fat: 4.84g (7.44%), Saturated Fat: 0.63g (3.94%), Carbohydrates: 17.78g (5.93%), Net Carbohydrates: 17.31g (6.3%), Sugar: 16.69g (18.55%), Cholesterol: 0mg (0%), Sodium: 236.28mg (10.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.53g (1.06%), Vitamin E: 0.67mg (4.48%), Manganese: 0.08mg (3.87%), Vitamin K: 2.74µg (2.61%), Selenium: 1.77µg (2.53%), Vitamin B6: 0.05mg (2.35%), Folate: 9.12µg (2.28%), Vitamin C: 1.68mg (2.04%), Phosphorus: 19.29mg (1.93%), Fiber: 0.47g (1.88%), Magnesium: 7.46mg (1.86%), Copper: 0.03mg (1.62%), Calcium: 15.77mg (1.58%), Vitamin B1: 0.02mg (1.54%), Iron: 0.26mg (1.47%), Potassium: 51.29mg (1.47%)