



## Walnut Oil and Chive Vinaigrette

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



10 min.

SERVINGS



3

CALORIES



290 kcal

SIDE DISH

### Ingredients

- 3 servings pepper black freshly ground
- 3 tablespoons canola oil
- 1.5 teaspoons dijon mustard
- 3 tablespoons chives fresh finely chopped
- 3 servings kosher salt
- 0.3 cup walnut oil
- 3 tablespoons citrus champagne vinegar

### Equipment

- bowl
- whisk
- measuring cup

## Directions

- Place walnut and grapeseed or canola oils in a small bowl or measuring cup.
- Place chives, vinegar, and mustard in a medium, nonreactive bowl and whisk to combine. Slowly drizzle in the oil mixture, whisking continuously, until all of the oil is incorporated. Season with salt and pepper to taste and serve.

## Nutrition Facts

**PROTEIN 0.3%** **FAT 99.2%** **CARBS 0.5%**

## Properties

Glycemic Index:36.33, Glycemic Load:0.05, Inflammation Score:-2, Nutrition Score:2.2121738862732%

## Flavonoids

Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

## Nutrients (% of daily need)

Calories: 289.88kcal (14.49%), Fat: 32.28g (49.66%), Saturated Fat: 2.7g (16.85%), Carbohydrates: 0.37g (0.12%), Net Carbohydrates: 0.16g (0.06%), Sugar: 0.09g (0.1%), Cholesterol: 0mg (0%), Sodium: 222.6mg (9.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.22g (0.44%), Vitamin K: 19.3µg (18.38%), Vitamin E: 2.54mg (16.93%), Vitamin A: 132.9IU (2.66%), Vitamin C: 1.83mg (2.22%), Manganese: 0.04mg (2.09%), Selenium: 0.88µg (1.26%)