



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%)