## **Apple Cider Vinaigrette**

## **Ingredients:**

1/4 cup apple cider vinegar 1/4 cup white wine vinegar 1 tablespoon Dijon mustard 2 tablespoons agave syrup 1/4 teaspoon kosher salt 1/4 teaspoon black pepper 1/2 cup extra-virgin olive oil 1 1/2 tablespoons minced shallots

## **Directions:**

- Combine first 6 ingredients in a small bowl, stirring with a whisk. 1.
- Gradually add oil, stirring constantly with a whisk; stir in shallots. 2.
- 3. Add to any green salad.

For more information, please contact: **Benteh Nuutah Valley Native Primary Care Center** Wellness Center (907) 631-7630 southcentralfoundation.com



**Nutrition Facts** 

Calories 140 Calories from Fat 110

% Daily Value\*

18%

8%

0%

4%

2%

0%

2.500

80a

25g

300mg

375g

30g

2,400mg

Vitamin C 2%

Iron 0%

2.000

20g

300mg

300g

25g

2,400mg

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower

Less than 65g

Less than

Less than

Serving Size 2 tablespoons (34g) Servings Per Container 9

Amount Per Serving

Total Fat 12g

Trans Fat 0g Cholesterol Omg

Sodium 95mg

Sugars 3g

Protein 0g Vitamin A 0%

Calcium 0%

Total Fat

Sodium

Cholesterol

Total Carbohydrate

Calories per gram:

Dietary Fiber

Saturated Fat 1.5g

Total Carbohydrate 5g

depending on your calorie needs: Calories:

Saturated Fat Less than

**Dietary Fiber 0g** 

Source: cookinglight.com