



A-Plus Italian Olive Oil Balsamic Bread Dip

☒ Vegetarian ☒ Vegan ☒ Gluten Free ☒ Dairy Free

READY IN

ready

5 min.

SERVINGS

servings

4

CALORIES

calories

166 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons balsamic vinegar
- ☐ 1 teaspoon rosemary fresh chopped
- ☐ 3 large cloves garlic minced
- ☐ 5 tablespoons olive oil extra-virgin
- ☐ 0.5 teaspoon pepper flakes red crushed
- ☐ 1 pinch salt and pepper black

Equipment

- ☐ bowl

Directions

☐ Place the garlic, balsamic vinegar, olive oil, red pepper flakes, rosemary, and salt and pepper into a shallow bowl in that order. To serve, spoon small amount onto bread.

Nutrition Facts



PROTEIN 0.52% **FAT 94.15%** **CARBS 5.33%**

Properties

Glycemic Index:20, Glycemic Load:0.89, Inflammation Score:-1, Nutrition Score:1.7904348078629%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 165.83kcal (8.29%), Fat: 17.55g (27%), Saturated Fat: 2.42g (15.15%), Carbohydrates: 2.24g (0.75%), Net Carbohydrates: 2.1g (0.76%), Sugar: 1.24g (1.37%), Cholesterol: 0mg (0%), Sodium: 16.37mg (0.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.22g (0.43%), Vitamin E: 2.62mg (17.45%), Vitamin K: 10.84µg (10.32%), Manganese: 0.05mg (2.63%), Vitamin B6: 0.03mg (1.66%), Vitamin A: 75.06IU (1.5%), Iron: 0.24mg (1.33%)