

Balsamic Dressing



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



21

CALORIES



15 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients



0.3 cup balsamic vinegar



2 tablespoons dijon mustard



2 tablespoons parsley dried fresh minced



3 garlic cloves minced



0.3 cup green onions minced



1.5 tablespoons olive oil



0.1 teaspoon pepper



1 tablespoon tarragon dried fresh minced

☐

1 tablespoon water

Equipment

☐

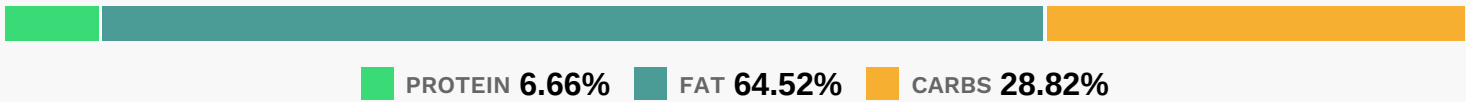
bowl

Directions

☐

Combine all ingredients in a bowl, and stir well.

Nutrition Facts



Properties

Glycemic Index:11.71, Glycemic Load:0.42, Inflammation Score:-1, Nutrition Score:0.90434781785892%

Flavonoids

Apigenin: 8.58mg, Apigenin: 8.58mg, Apigenin: 8.58mg, Apigenin: 8.58mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 14.97kcal (0.75%), Fat: 1.09g (1.67%), Saturated Fat: 0.15g (0.95%), Carbohydrates: 1.09g (0.36%), Net Carbohydrates: 0.91g (0.33%), Sugar: 0.52g (0.58%), Cholesterol: 0mg (0%), Sodium: 17.8mg (0.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.25g (0.5%), Vitamin K: 5.7µg (5.43%), Manganese: 0.07mg (3.29%), Iron: 0.23mg (1.25%), Vitamin E: 0.17mg (1.15%)