



Balsamic Vinaigrette

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



80 kcal

SIDE DISH

Ingredients

- 0.5 cup olive oil extra virgin
- 1 clove garlic crushed
- 1 teaspoon ground mustard
- 4 servings ground pepper black to taste
- 1 pinch salt
- 0.5 cup balsamic vinegar white

Equipment

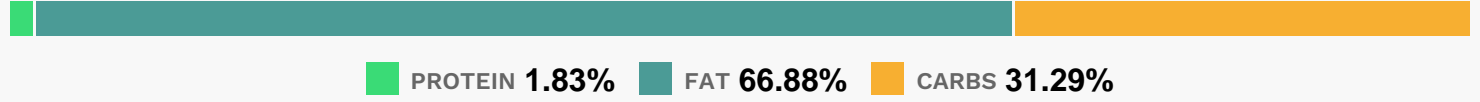
- bowl

whisk

Directions

In a small bowl, whisk together olive oil, white balsamic vinegar, garlic, and mustard powder. Season to taste with salt and black pepper. Stir in minced fresh herbs if desired.

Nutrition Facts



Properties

Glycemic Index:28, Glycemic Load:2.8, Inflammation Score:-1, Nutrition Score:1.0734782631954%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 79.69kcal (3.98%), Fat: 5.59g (8.6%), Saturated Fat: 0.76g (4.73%), Carbohydrates: 5.88g (1.96%), Net Carbohydrates: 5.78g (2.1%), Sugar: 4.81g (5.34%), Cholesterol: 0mg (0%), Sodium: 17.34mg (0.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.34g (0.69%), Vitamin E: 0.8mg (5.36%), Manganese: 0.08mg (3.97%), Vitamin K: 3.45µg (3.29%), Iron: 0.33mg (1.82%), Selenium: 1.15µg (1.65%), Magnesium: 6.03mg (1.51%), Potassium: 43.78mg (1.25%), Calcium: 11.8mg (1.18%), Phosphorus: 11.5mg (1.15%)