



Balsamic Vinaigrette

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



5 min.

SERVINGS



4

CALORIES



100 kcal

SIDE DISH

Ingredients

- 0.3 cup balsamic vinegar
- 0.5 teaspoon pepper black freshly ground
- 2 teaspoons t brown sugar dark packed
- 1 medium garlic clove peeled smashed
- 1.5 teaspoons kosher salt
- 1.5 teaspoons marjoram fresh finely chopped
- 0.8 cup olive oil
- 1 tablespoon water

Equipment

blender

Directions

Place all of the ingredients in a blender and blend until evenly combined, about 30 seconds. Refrigerate in a container with a tightfitting lid for up to 3 days.

Nutrition Facts

PROTEIN 0.74% **FAT 74.73%** **CARBS 24.53%**

Properties

Glycemic Index:36, Glycemic Load:1.91, Inflammation Score:-1, Nutrition Score:1.082173925541%

Flavonoids

Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 99.66kcal (4.98%), Fat: 8.11g (12.48%), Saturated Fat: 1.12g (7.01%), Carbohydrates: 5.99g (2%), Net Carbohydrates: 5.91g (2.15%), Sugar: 5.13g (5.7%), Cholesterol: 0mg (0%), Sodium: 878.05mg (38.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.18g (0.36%), Vitamin E: 1.17mg (7.8%), Vitamin K: 5.91µg (5.63%), Manganese: 0.08mg (3.79%), Iron: 0.26mg (1.44%), Calcium: 10.65mg (1.06%)