



Balsamic Vinaigrette



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



91 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup balsamic vinegar
- ☐ 6 basil leaves fresh chopped
- ☐ 2 green onions thinly sliced
- ☐ 0.8 cup olive oil
- ☐ 0.3 teaspoon pepper freshly ground
- ☐ 4 servings try build-a-meal
- ☐ 0.3 teaspoon salt

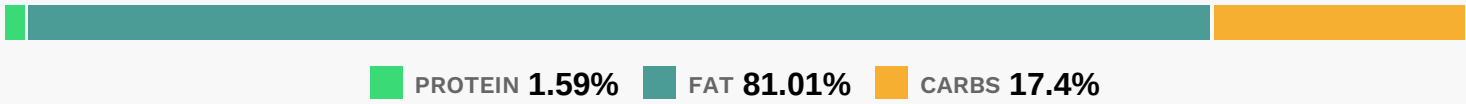
Equipment

Directions

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Combine all ingredients in a jar; cover tightly, and shake vigorously. Store in refrigerator.

Nutrition Facts



Properties

Glycemic Index:46, Glycemic Load:1.47, Inflammation Score:-1, Nutrition Score:2.2182609030734%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

Nutrients (% of daily need)

Calories: 91.24kcal (4.56%), Fat: 8.15g (12.53%), Saturated Fat: 1.12g (7.03%), Carbohydrates: 3.94g (1.31%), Net Carbohydrates: 3.51g (1.28%), Sugar: 2.54g (2.82%), Cholesterol: 0mg (0%), Sodium: 150.19mg (6.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.36g (0.72%), Vitamin K: 20.05µg (19.1%), Vitamin E: 1.22mg (8.13%), Manganese: 0.12mg (6.03%), Iron: 0.35mg (1.92%), Vitamin A: 92.26IU (1.85%), Fiber: 0.42g (1.69%), Magnesium: 6.19mg (1.55%), Vitamin C: 1.24mg (1.5%), Potassium: 45.25mg (1.29%), Phosphorus: 12.1mg (1.21%), Calcium: 10.97mg (1.1%), Folate: 4.42µg (1.1%), Copper: 0.02mg (1.01%)