



Balsamic Vinaigrette



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



3

CALORIES



210 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup balsamic vinegar
- ☐ 1 bay leaf
- ☐ 0.3 teaspoon thyme leaves dried
- ☐ 2 garlic cloves minced
- ☐ 2 teaspoons honey
- ☐ 0.3 cup olive oil
- ☐ 1 onion diced
- ☐ 0.3 teaspoon pepper

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0.3 teaspoon salt

Equipment

☐

frying pan

☐

whisk

Directions

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Saut onion in hot oil in a nonstick skillet over medium-high heat 2 minutes.

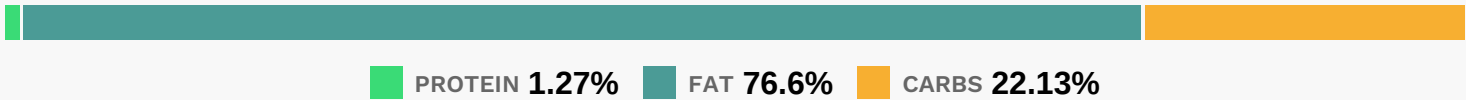
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Add garlic and next 4 ingredients.

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Remove from heat; whisk in vinegar and honey.

Nutrition Facts



Properties

Glycemic Index:63.76, Glycemic Load:4.78, Inflammation Score:-3, Nutrition Score:2.9139129927625%

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 Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 7.48mg, Quercetin: 7.48mg, Quercetin: 7.48mg, Quercetin: 7.48mg

Nutrients (% of daily need)

Calories: 210.41kcal (10.52%), Fat: 18.06g (27.79%), Saturated Fat: 2.51g (15.67%), Carbohydrates: 11.74g (3.91%), Net Carbohydrates: 10.98g (3.99%), Sugar: 8.59g (9.54%), Cholesterol: 0mg (0%), Sodium: 201.12mg (8.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.68g (1.35%), Vitamin E: 2.61mg (17.39%), Vitamin K: 12.72µg (12.11%), Manganese: 0.14mg (7.17%), Vitamin C: 3.42mg (4.14%), Vitamin B6: 0.07mg (3.57%), Fiber: 0.76g (3.03%), Iron: 0.52mg (2.89%), Potassium: 91.07mg (2.6%), Calcium: 20.96mg (2.1%), Folate: 7.44µg (1.86%), Phosphorus: 18.39mg (1.84%), Magnesium: 7.32mg (1.83%), Copper: 0.03mg (1.54%), Vitamin B1: 0.02mg (1.43%)