



Balsamic Vinaigrette



Vegetarian



Gluten Free



Dairy Free



Popular

READY IN



45 min.

SERVINGS



2

CALORIES



285 kcal

SIDE DISH

Ingredients

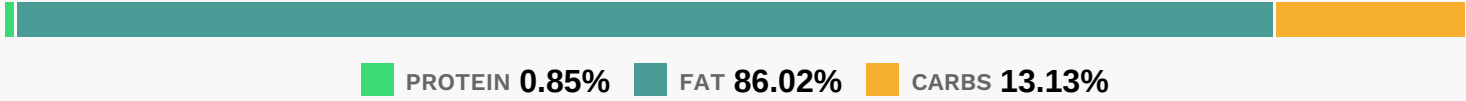
- ☐ 0.3 cup balsamic vinegar
- ☐ 1 tablespoon dijon mustard
- ☐ 0.3 cup olive oil extra virgin
- ☐ 1 large clove garlic grated ()
- ☐ 1 teaspoon honey
- ☐ 0.3 teaspoon pepper
- ☐ 0.3 teaspoon salt

Equipment

Directions

☐ Mix everything.

Nutrition Facts



Properties

Glycemic Index:98.14, Glycemic Load:4.41, Inflammation Score:-1, Nutrition Score:3.0978261258291%

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: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 284.81kcal (14.24%), Fat: 27.27g (41.95%), Saturated Fat: 3.75g (23.44%), Carbohydrates: 9.37g (3.12%), Net Carbohydrates: 8.94g (3.25%), Sugar: 7.76g (8.62%), Cholesterol: 0mg (0%), Sodium: 381.5mg (16.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.61g (1.21%), Vitamin E: 3.92mg (26.12%), Vitamin K: 16.8µg (16%), Manganese: 0.13mg (6.68%), Selenium: 2.8µg (4.01%), Iron: 0.57mg (3.15%), Magnesium: 8.31mg (2.08%), Calcium: 17.81mg (1.78%), Phosphorus: 16.99mg (1.7%), Fiber: 0.42g (1.7%), Potassium: 58.44mg (1.67%), Vitamin B6: 0.03mg (1.27%), Vitamin B1: 0.02mg (1.16%), Copper: 0.02mg (1.16%)