

Basic Vinaigrette



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



5 min.

SERVINGS



5

CALORIES



147 kcal

SIDE DISH

Ingredients

- ☐ 6 tablespoons balsamic vinegar
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 4.5 teaspoons dijon mustard
- ☐ 0.3 cup olive oil extra virgin extra-virgin
- ☐ 0.3 teaspoon salt

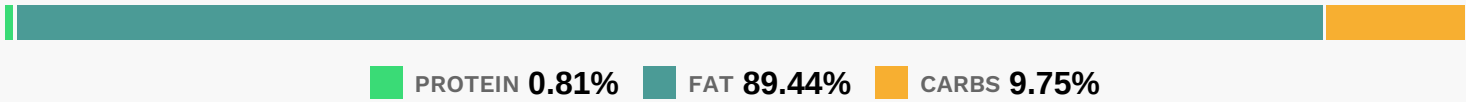
Equipment

- ☐ whisk

Directions

☐ Whisk vinegar, mustard, salt and pepper. Continue to whisk while adding oil in a slow, steady stream until dressing is emulsified and thickened.

Nutrition Facts



Properties

Glycemic Index:22.8, Glycemic Load:1.66, Inflammation Score:-1, Nutrition Score:1.5621738717284%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg

Nutrients (% of daily need)

Calories: 147.19kcal (7.36%), Fat: 14.56g (22.39%), Saturated Fat: 2g (12.5%), Carbohydrates: 3.57g (1.19%), Net Carbohydrates: 3.35g (1.22%), Sugar: 2.93g (3.26%), Cholesterol: 0mg (0%), Sodium: 170.5mg (7.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.3g (0.59%), Vitamin E: 2.09mg (13.94%), Vitamin K: 8.9µg (8.48%), Manganese: 0.06mg (2.85%), Selenium: 1.54µg (2.19%), Iron: 0.3mg (1.67%), Magnesium: 4.64mg (1.16%)