



Basil-Balsamic Vinaigrette

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



5 min.

SERVINGS



5

CALORIES



151 kcal

SIDE DISH

Ingredients

- 0.3 cup canola oil
- 1 tablespoon dijon mustard
- 2 tablespoons basil fresh chopped
- 1 teaspoon garlic minced
- 2 tablespoons juice of lemon fresh
- 0.5 teaspoon pepper
- 0.5 teaspoon salt
- 1 teaspoon sugar

0.3 cup balsamic vinegar white

Equipment

bowl

whisk

Directions

Whisk together first 8 ingredients in a small bowl; gradually add canola oil in a slow, steady stream, whisking until blended.

*2 Tbsp. chopped fresh oregano may be substituted.

Nutrition Facts

PROTEIN **0.77%** FAT **89.01%** CARBS **10.22%**

Properties

Glycemic Index:56.82, Glycemic Load:1.74, Inflammation Score:-1, Nutrition Score:2.1765217703322%

Flavonoids

Eriodictyol: 0.29mg, Eriodictyol: 0.29mg, Eriodictyol: 0.29mg, Eriodictyol: 0.29mg Hesperetin: 0.87mg, Hesperetin: 0.87mg, Hesperetin: 0.87mg, Hesperetin: 0.87mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 151.04kcal (7.55%), Fat: 15.07g (23.18%), Saturated Fat: 1.11g (6.95%), Carbohydrates: 3.89g (1.3%), Net Carbohydrates: 3.67g (1.33%), Sugar: 2.91g (3.23%), Cholesterol: 0mg (0%), Sodium: 268.72mg (11.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.3g (0.59%), Vitamin E: 2.64mg (17.61%), Vitamin K: 14.35µg (13.67%), Manganese: 0.08mg (3.76%), Vitamin C: 2.67mg (3.23%), Selenium: 1.13µg (1.61%), Iron: 0.2mg (1.12%), Magnesium: 4.34mg (1.09%)