



Basil-Garlic Vinaigrette

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



35 min.

SERVINGS



5

CALORIES



42 kcal

SIDE DISH

Ingredients

- 3 tablespoons basil fresh chopped
- 1 garlic clove minced
- 0.3 teaspoon coarsely ground pepper
- 0.5 teaspoon kosher salt
- 0.5 cup olive oil
- 0.3 cup red wine vinegar

Equipment

- whisk

Directions

- Whisk together first 4 ingredients until blended. Gradually add oil in a slow, steady stream, whisking constantly until smooth. Stir in basil. Cover vinaigrette, and chill 30 minutes. Store in refrigerator up to 24 hours.

Nutrition Facts

PROTEIN 0.9% FAT 95.89% CARBS 3.21%

Properties

Glycemic Index:26.4, Glycemic Load:0.08, Inflammation Score:-1, Nutrition Score:0.86217390130395%

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: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 41.88kcal (2.09%), Fat: 4.33g (6.67%), Saturated Fat: 0.6g (3.74%), Carbohydrates: 0.33g (0.11%), Net Carbohydrates: 0.27g (0.1%), Sugar: 0.01g (0.01%), Cholesterol: 0mg (0%), Sodium: 233.76mg (10.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.09g (0.18%), Vitamin K: 7.75µg (7.39%), Vitamin E: 0.63mg (4.22%), Manganese: 0.04mg (2.13%), Vitamin A: 63.9IU (1.28%)