



Basil-Honey-Garlic Vinaigrette



Vegetarian



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



10

CALORIES



40 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup balsamic vinegar
- ☐ 0.5 cup olive oil extra virgin
- ☐ 2 tablespoons basil fresh chopped
- ☐ 1 garlic clove
- ☐ 2 tablespoons honey
- ☐ 0.5 teaspoon pepper freshly ground
- ☐ 0.5 teaspoon salt

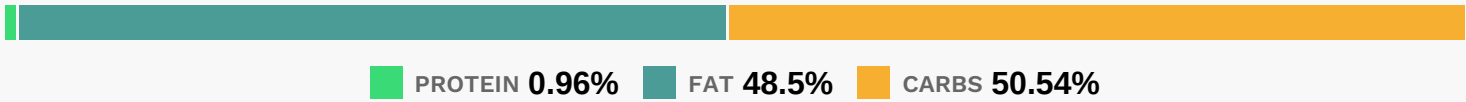
Equipment

- ☐ knife
- ☐ whisk

Directions

- ☐ Smash garlic and salt together using flat side of knife to make a paste.
- ☐ Whisk together garlic paste, oil, and remaining ingredients until blended.
- ☐ Whisk together 1/2 cup bottled balsamic vinaigrette, 1 Tbsp. chopped fresh basil, and 1 Tbsp. honey until blended. Makes about 1/2 cup; Prep: 5 min. Note: For testing purposes only, we used Newman's Own Balsamic Vinaigrette.

Nutrition Facts



Properties

Glycemic Index:23.43, Glycemic Load:2.57, Inflammation Score:-1, Nutrition Score:0.49347825931466%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 40.13kcal (2.01%), Fat: 2.17g (3.33%), Saturated Fat: 0.3g (1.87%), Carbohydrates: 5.08g (1.69%), Net Carbohydrates: 5.04g (1.83%), Sugar: 4.72g (5.25%), Cholesterol: 0mg (0%), Sodium: 118.53mg (5.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.1g (0.19%), Vitamin K: 3.13µg (2.98%), Vitamin E: 0.32mg (2.1%), Manganese: 0.04mg (1.86%)