

Basil Vinaigrette



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



10

CALORIES



63 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup balsamic vinegar
- ☐ 1 tablespoon brown sugar
- ☐ 0.5 cup basil fresh chopped
- ☐ 3 garlic clove minced
- ☐ 1 cup olive oil
- ☐ 1 teaspoon pepper
- ☐ 0.5 teaspoon salt
- ☐ 4 large shallots minced

Equipment

☐

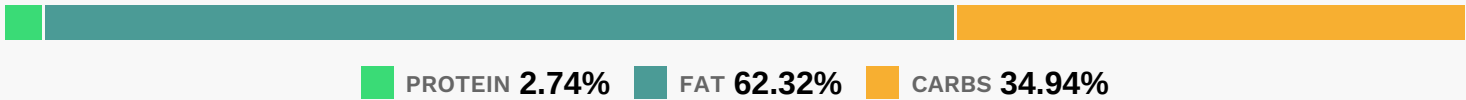
whisk

Directions

☐

Whisk together basil, balsamic vinegar, shallots, garlic, brown sugar, pepper, and salt until blended. Gradually add olive oil, whisking constantly until blended.

Nutrition Facts



Properties

Glycemic Index:21.2, Glycemic Load:1.61, Inflammation Score:-1, Nutrition Score:1.5430434961682%

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: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 63.29kcal (3.16%), Fat: 4.35g (6.69%), Saturated Fat: 0.6g (3.76%), Carbohydrates: 5.49g (1.83%), Net Carbohydrates: 5.08g (1.85%), Sugar: 3.87g (4.3%), Cholesterol: 0mg (0%), Sodium: 121.07mg (5.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.43g (0.86%), Vitamin K: 8µg (7.62%), Manganese: 0.1mg (5.07%), Vitamin E: 0.64mg (4.26%), Vitamin B6: 0.05mg (2.43%), Iron: 0.32mg (1.77%), Potassium: 59.15mg (1.69%), Fiber: 0.41g (1.63%), Vitamin C: 1.3mg (1.57%), Vitamin A: 64.88IU (1.3%), Calcium: 12.89mg (1.29%), Magnesium: 5.08mg (1.27%), Copper: 0.02mg (1.14%), Phosphorus: 10.84mg (1.08%), Folate: 4.29µg (1.07%)