



Basil Vinaigrette



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



1

CALORIES



492 kcal

SIDE DISH

Ingredients

- ☐ 1 cup basil packed coarsely chopped
- ☐ 1.5 tablespoons champagne vinegar
- ☐ 1 pinch pepper red crushed
- ☐ 1 garlic clove
- ☐ 0.3 cup olive oil extra virgin extra-virgin
- ☐ 1 serving pepper black freshly ground

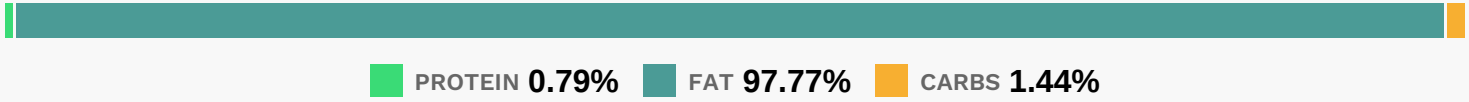
Equipment

- ☐ food processor

Directions

- ☐ In a food processor, pulse the garlic until chopped.
- ☐ Add the basil and pulse until finely chopped.
- ☐ Add the oil, vinegar and crushed red pepper and process until smooth. Season with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:132, Glycemic Load:0.47, Inflammation Score:-7, Nutrition Score:10.708695771902%

Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 492.16kcal (24.61%), Fat: 54.19g (83.36%), Saturated Fat: 7.47g (46.68%), Carbohydrates: 1.8g (0.6%), Net Carbohydrates: 1.3g (0.47%), Sugar: 0.11g (0.12%), Cholesterol: 0mg (0%), Sodium: 6.01mg (0.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.98g (1.96%), Vitamin K: 132.43µg (126.12%), Vitamin E: 8.01mg (53.4%), Vitamin A: 1296.47IU (25.93%), Manganese: 0.35mg (17.52%), Iron: 1.24mg (6.9%), Vitamin C: 5.37mg (6.51%), Copper: 0.11mg (5.3%), Calcium: 50.57mg (5.06%), Magnesium: 17.33mg (4.33%), Folate: 16.45µg (4.11%), Vitamin B6: 0.08mg (3.84%), Potassium: 95.42mg (2.73%), Phosphorus: 20.29mg (2.03%), Fiber: 0.51g (2.03%), Zinc: 0.24mg (1.61%), Vitamin B2: 0.02mg (1.33%), Vitamin B3: 0.25mg (1.25%)