



Basil Vinaigrette



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



10 min.

SERVINGS



10

CALORIES



37 kcal

SIDE DISH

Ingredients



0.7 cup olive oil extra virgin



6 tablespoons basil fresh chopped



1 teaspoon kosher salt



0.5 cup balsamic vinegar white

Equipment



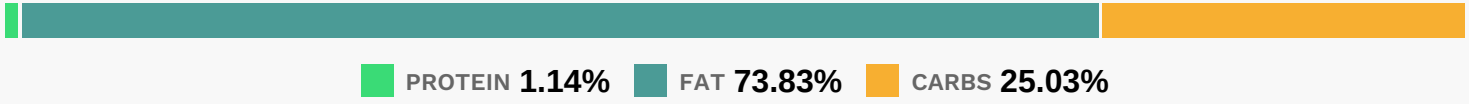
whisk

Directions

☐

Whisk together vinegar and salt until blended. Gradually add oil in a slow, steady stream, whisking constantly until smooth. Stir in basil and freshly ground pepper to taste.

Nutrition Facts



Properties

Glycemic Index:12, Glycemic Load:1.09, Inflammation Score:-1, Nutrition Score:0.70347824684628%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg

Nutrients (% of daily need)

Calories: 36.96kcal (1.85%), Fat: 2.89g (4.44%), Saturated Fat: 0.4g (2.49%), Carbohydrates: 2.2g (0.73%), Net Carbohydrates: 2.18g (0.79%), Sugar: 1.91g (2.12%), Cholesterol: 0mg (0%), Sodium: 235.59mg (10.24%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 0.1g (0.2%), Vitamin K: 6.71µg (6.39%), Vitamin E: 0.42mg (2.83%), Manganese: 0.03mg (1.55%), Vitamin A: 63.3IU (1.27%)