

Basil Vinaigrette

 Gluten Free

READY IN



5 min.

SERVINGS



3

CALORIES



433 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup balsamic vinegar
- ☐ 1 cup basil leaves fresh
- ☐ 3 cups olive oil
- ☐ 2 tablespoons parmesan cheese grated
- ☐ 0.3 cup roasted garlic
- ☐ 3 servings salt and pepper to taste

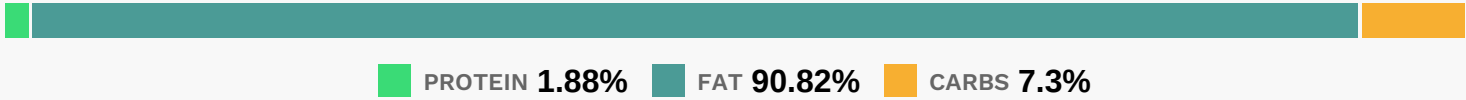
Equipment

- ☐ blender

Directions

- ☐ In a blender, combine the basil, garlic, cheese and vinegar. Slowly blend in the oil.
- ☐ Add salt and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:50, Glycemic Load:2.92, Inflammation Score:-5, Nutrition Score:7.7595651687487%

Flavonoids

Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 433.35kcal (21.67%), Fat: 44.24g (68.06%), Saturated Fat: 6.49g (40.57%), Carbohydrates: 8g (2.67%), Net Carbohydrates: 7.63g (2.77%), Sugar: 3.32g (3.69%), Cholesterol: 2.9mg (0.97%), Sodium: 260.12mg (11.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.06g (4.13%), Vitamin K: 59.46µg (56.62%), Vitamin E: 6.31mg (42.07%), Manganese: 0.31mg (15.63%), Vitamin A: 451.85IU (9.04%), Vitamin B6: 0.16mg (7.78%), Calcium: 70.43mg (7.04%), Vitamin C: 4.98mg (6.03%), Iron: 0.86mg (4.77%), Phosphorus: 46.99mg (4.7%), Selenium: 2.8µg (4%), Copper: 0.07mg (3.58%), Magnesium: 11.68mg (2.92%), Potassium: 99.45mg (2.84%), Zinc: 0.36mg (2.39%), Vitamin B2: 0.03mg (1.77%), Vitamin B1: 0.03mg (1.75%), Folate: 5.98µg (1.5%), Fiber: 0.37g (1.46%)