



Brown Sugar Vinaigrette



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



5

CALORIES



166 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons brown sugar light
- ☐ 0.3 cup olive oil
- ☐ 0.5 teaspoon pepper freshly ground
- ☐ 0.3 teaspoon salt
- ☐ 1 large shallots minced
- ☐ 0.5 teaspoon vanilla extract
- ☐ 0.3 cup balsamic vinegar white

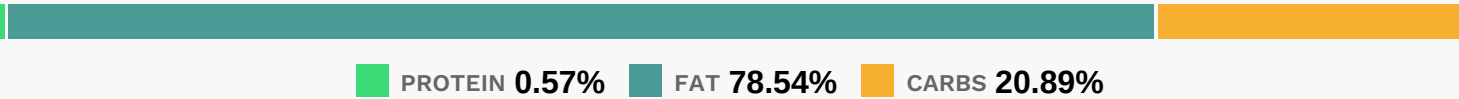
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Whisk together white balsamic vinegar, minced shallot, light brown sugar, freshly ground pepper, vanilla, and salt in a small bowl.
- ☐ Add olive oil in a slow, steady stream, whisking constantly until smooth.

Nutrition Facts



Properties

Glycemic Index:22.4, Glycemic Load:1.68, Inflammation Score:-1, Nutrition Score:1.5773912965442%

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: 165.75kcal (8.29%), Fat: 14.41g (22.17%), Saturated Fat: 1.99g (12.44%), Carbohydrates: 8.62g (2.87%), Net Carbohydrates: 8.41g (3.06%), Sugar: 7.64g (8.49%), Cholesterol: 0mg (0%), Sodium: 122.49mg (5.33%), Alcohol: 0.14g (100%), Alcohol %: 0.41% (100%), Protein: 0.24g (0.47%), Vitamin E: 2.08mg (13.85%), Vitamin K: 9.04µg (8.61%), Manganese: 0.07mg (3.33%), Iron: 0.32mg (1.77%), Potassium: 45.54mg (1.3%), Calcium: 11.57mg (1.16%)