

Byrdhouse Dream Salad Dressing

 Vegetarian  Gluten Free  Dairy Free

READY IN



490 min.

SERVINGS



8

CALORIES



87 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 teaspoon basil dried
- 1 teaspoon marjoram dried
- 1 teaspoon rosemary dried
- 3 cloves garlic pressed
- 2 tablespoons honey
- 1 teaspoon ground mustard dry
- 2 tablespoons red wine vinegar
- 0.5 cup rice vinegar

- 8 servings salt and pepper to taste
- 1 tablespoon sesame oil
- 1 cup vegetable oil

Equipment

- bowl
- whisk

Directions

- Whisk together the rice vinegar, red wine vinegar, honey, sesame oil, rosemary, basil, marjoram, mustard, garlic, salt, and pepper in a bowl until evenly combined.
- Whisk in the vegetable oil, then pour into a vinaigrette shaker; refrigerate overnight before using to blend the flavors. Shake to mix before pouring.

Nutrition Facts

PROTEIN 0.86% **FAT 76.51%** **CARBS 22.63%**

Properties

Glycemic Index:25.28, Glycemic Load:2.37, Inflammation Score:-1, Nutrition Score:1.1573913079565%

Flavonoids

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

Nutrients (% of daily need)

Calories: 86.5kcal (4.33%), Fat: 7.3g (11.24%), Saturated Fat: 1.09g (6.81%), Carbohydrates: 4.86g (1.62%), Net Carbohydrates: 4.74g (1.72%), Sugar: 4.35g (4.83%), Cholesterol: 0mg (0%), Sodium: 194.95mg (8.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.18g (0.37%), Vitamin K: 12.51µg (11.92%), Vitamin E: 0.5mg (3.32%), Manganese: 0.05mg (2.66%), Iron: 0.21mg (1.19%), Selenium: 0.81µg (1.15%)