

Caesar Vinaigrette

 Gluten Free

READY IN



15 min.

SERVINGS



12

CALORIES



42 kcal

SIDE DISH

Ingredients

- 1 tablespoon balsamic vinegar
- 1 tablespoon dijon mustard
- 1 clove garlic minced
- 0.1 teaspoon ground pepper black
- 0.5 teaspoon penzey's southwest seasoning italian
- 1 teaspoon lemon zest
- 0.7 cup olive oil
- 0.5 cup freshly parmesan cheese shredded

- 0.3 teaspoon salt
- 1 teaspoon sugar white
- 2 tablespoons citrus champagne vinegar

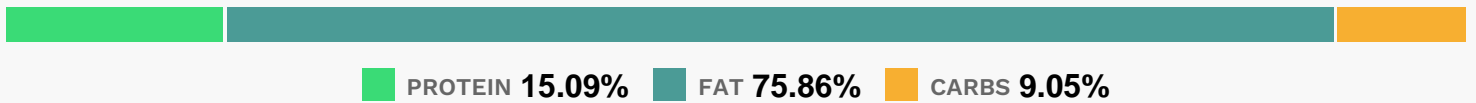
Equipment

- bowl
- whisk

Directions

- Stir the white wine vinegar, Dijon mustard, balsamic vinegar, lemon zest, sugar, Italian seasoning, salt, and black pepper together in a bowl. Gradually whisk in the olive oil to make an emulsion, or thickened vinaigrette mixture. Stir in the garlic.
- Add the Parmesan cheese just before serving.

Nutrition Facts



Properties

Glycemic Index:20.51, Glycemic Load:0.41, Inflammation Score:-1, Nutrition Score:1.0230434896505%

Flavonoids

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

Nutrients (% of daily need)

Calories: 41.97kcal (2.1%), Fat: 3.53g (5.42%), Saturated Fat: 1.02g (6.37%), Carbohydrates: 0.95g (0.32%), Net Carbohydrates: 0.83g (0.3%), Sugar: 0.6g (0.66%), Cholesterol: 2.83mg (0.94%), Sodium: 129.58mg (5.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.58g (3.16%), Calcium: 52.79mg (5.28%), Phosphorus: 31.28mg (3.13%), Vitamin E: 0.38mg (2.5%), Selenium: 1.41µg (2.01%), Vitamin K: 2.09µg (1.99%)