



Chile-Garlic Vinaigrette



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



64

CALORIES



4 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1.5 tablespoons anchovy paste
- ☐ 6 garlic clove crushed
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 1.5 tablespoons olive oil extra virgin extra-virgin
- ☐ 3 tablespoons red wine vinegar
- ☐ 0.8 teaspoon salt
- ☐ 1 tablespoon serrano chiles chopped
- ☐ 2 tablespoons water

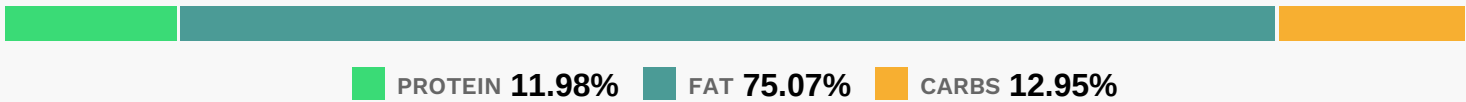
Equipment

- ☐ bowl
- ☐ whisk
- ☐ mortar and pestle

Directions

- ☐ Combine first 3 ingredients in a mortar; mash to a paste with a pestle.
- ☐ Combine garlic paste mixture, vinegar, and remaining ingredients in a small bowl, stirring with a whisk.
- ☐ Note: Store vinaigrette in refrigerator for up to 1 week.

Nutrition Facts



Properties

Glycemic Index:0.47, Glycemic Load:0.03, Inflammation Score:-1, Nutrition Score:0.172608695114444%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 4.42kcal (0.22%), Fat: 0.37g (0.57%), Saturated Fat: 0.05g (0.34%), Carbohydrates: 0.14g (0.05%), Net Carbohydrates: 0.13g (0.05%), Sugar: 0.02g (0.03%), Cholesterol: 0.32mg (0.11%), Sodium: 41.18mg (1.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.13g (0.26%)