



Creamy Balsamic Sauce

 Gluten Free

READY IN



10 min.

SERVINGS



10

CALORIES



169 kcal

SAUCE

Ingredients

- ☐ 1 cup balsamic vinaigrette dressing
- ☐ 0.3 cup basil fresh chopped
- ☐ 0.5 cup hellmann's real mayonnaise
- ☐ 3 tablespoons parmesan cheese freshly grated
- ☐ 0.3 teaspoon freshly cracked pepper black

Equipment

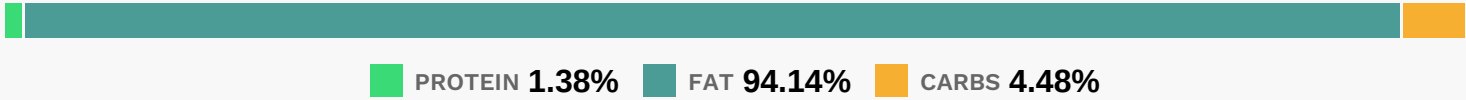
- ☐ whisk

Directions

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Whisk together dressing and mayonnaise until blended. Stir in grated cheese, basil, and pepper. Chill up to 1 week in refrigerator.

Nutrition Facts



Properties

Glycemic Index:15.2, Glycemic Load:0.04, Inflammation Score:-1, Nutrition Score:1.4039130651433%

Nutrients (% of daily need)

Calories: 169.27kcal (8.46%), Fat: 17.46g (26.86%), Saturated Fat: 2.33g (14.56%), Carbohydrates: 1.87g (0.62%), Net Carbohydrates: 1.85g (0.67%), Sugar: 0.85g (0.95%), Cholesterol: 6.01mg (2%), Sodium: 309.8mg (13.47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.58g (1.15%), Vitamin K: 20.85µg (19.86%), Vitamin E: 0.38mg (2.54%), Calcium: 17.8mg (1.78%), Phosphorus: 12.28mg (1.23%), Selenium: 0.79µg (1.12%), Vitamin A: 52.18IU (1.04%)