



Creamy Basil Vinaigrette

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



10

CALORIES



32 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons balsamic vinaigrette
- ☐ 0.5 cup yogurt plain fat-free
- ☐ 2 tablespoons basil fresh chopped
- ☐ 2 tablespoons honey
- ☐ 0.3 teaspoon pepper
- ☐ 0.3 cup red wine vinegar
- ☐ 0.5 teaspoon salt

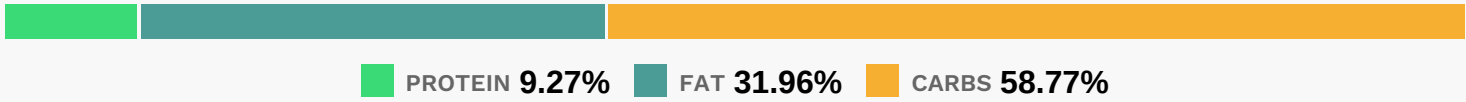
Equipment

☐ whisk

Directions

- ☐ Whisk together all ingredients.
- ☐ Serve immediately, or cover and chill up to 8 hours. If chilling, let stand at room temperature 30 minutes before serving.
- ☐ Note: For testing purposes only, we used Newman's Own Balsamic Vinaigrette.

Nutrition Facts



Properties

Glycemic Index:15.43, Glycemic Load:1.81, Inflammation Score:-1, Nutrition Score:0.75913043498345%

Nutrients (% of daily need)

Calories: 31.98kcal (1.6%), Fat: 1.13g (1.73%), Saturated Fat: 0.12g (0.72%), Carbohydrates: 4.66g (1.55%), Net Carbohydrates: 4.63g (1.68%), Sugar: 4.49g (4.99%), Cholesterol: 0.25mg (0.08%), Sodium: 153.38mg (6.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.73g (1.47%), Calcium: 26.29mg (2.63%), Phosphorus: 20.18mg (2.02%), Vitamin B2: 0.03mg (1.8%), Vitamin K: 1.77µg (1.68%), Vitamin B12: 0.07µg (1.25%), Potassium: 37.62mg (1.07%)