



Easy Herb Vinaigrette



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



24

CALORIES



22 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup canola oil
- ☐ 3 tablespoons basil fresh chopped
- ☐ 3 tablespoons chives fresh minced
- ☐ 1.5 tablespoons wildflower honey
- ☐ 0.5 teaspoon sea salt fine
- ☐ 9 tablespoons citrus champagne vinegar

Equipment

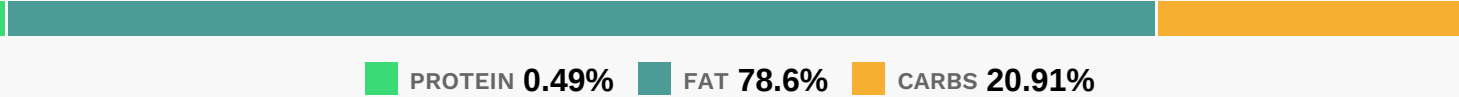
- ☐ bowl

whisk

Directions

Combine the first 3 ingredients in a medium bowl; slowly whisk in oil until combined. Stir in basil and chives. Store, covered, in refrigerator for up to 5 days.

Nutrition Facts



Properties

Glycemic Index:6.97, Glycemic Load:0.57, Inflammation Score:-1, Nutrition Score:0.34565217477148%

Flavonoids

Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 21.73kcal (1.09%), Fat: 1.87g (2.88%), Saturated Fat: 0.14g (0.86%), Carbohydrates: 1.12g (0.37%), Net Carbohydrates: 1.1g (0.4%), Sugar: 1.09g (1.21%), Cholesterol: 0mg (0%), Sodium: 48.97mg (2.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.03g (0.05%), Vitamin K: 3.17µg (3.02%), Vitamin E: 0.33mg (2.2%)