



Fig Vinaigrette



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



48

CALORIES



9 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup balsamic vinegar
- 1 tablespoon olive oil extravirgin
- 5 mission figs dried black stemmed coarsely chopped
- 1 teaspoon thyme leaves fresh minced
- 1 garlic clove minced
- 1 tablespoon juice of lemon fresh
- 0.3 teaspoon salt
- 2 tablespoons shallots minced

6 tablespoons water

Equipment

bowl

sauce pan

whisk

blender

Directions

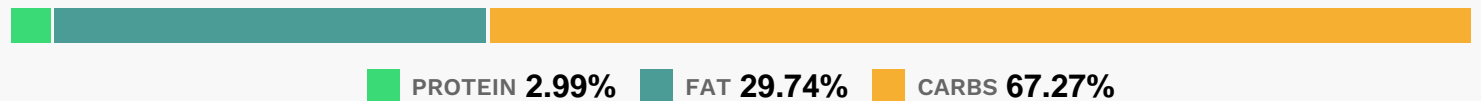
Combine balsamic vinegar and figs in a small saucepan over high heat, and bring to a boil. Reduce heat, and simmer until reduced to 1/3 cup (about 5 minutes).

Combine the fig mixture, 6 tablespoons water, and lemon juice in a blender, and process until smooth.

Place the fig mixture in a small bowl. Stir in shallots, thyme, and garlic.

Add extravirgin olive oil and salt; stir well with a whisk.

Nutrition Facts



Properties

Glycemic Index:4.5, Glycemic Load:0.77, Inflammation Score:-1, Nutrition Score:0.2591304357933%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

Nutrients (% of daily need)

Calories: 9.27kcal (0.46%), Fat: 0.31g (0.48%), Saturated Fat: 0.04g (0.27%), Carbohydrates: 1.57g (0.52%), Net Carbohydrates: 1.4g (0.51%), Sugar: 1.29g (1.43%), Cholesterol: 0mg (0%), Sodium: 12.94mg (0.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.07g (0.14%)