



Fresh Basil Vinaigrette

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



77 kcal

SIDE DISH

Ingredients

- 1 teaspoon dijon mustard
- 0.3 cup basil fresh chopped
- 1 garlic clove chopped
- 0.8 cup olive oil extra-virgin
- 0.3 teaspoon pepper
- 0.3 cup raspberry vinegar
- 0.3 teaspoon salt

Equipment

blender

Directions

Process first 6 ingredients in a blender until smooth. With blender running, gradually add oil in a slow, steady stream; process until smooth.

Nutrition Facts

PROTEIN 0.84% **FAT 96.15%** **CARBS 3.01%**

Properties

Glycemic Index:51, Glycemic Load:0.16, Inflammation Score:-1, Nutrition Score:1.4156521921572%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 77.28kcal (3.86%), Fat: 8.16g (12.55%), Saturated Fat: 1.12g (7.02%), Carbohydrates: 0.57g (0.19%), Net Carbohydrates: 0.45g (0.16%), Sugar: 0.09g (0.1%), Cholesterol: 0mg (0%), Sodium: 160.21mg (6.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.16g (0.32%), Vitamin K: 11.34µg (10.8%), Vitamin E: 1.18mg (7.9%), Manganese: 0.09mg (4.42%), Vitamin A: 80.76IU (1.62%)