



Fresh Herb Vinaigrette



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



10 min.

SERVINGS



10

CALORIES



54 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup balsamic vinegar
- ☐ 1 tablespoon basil fresh chopped
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 1 tablespoon thyme leaves fresh chopped
- ☐ 0.3 cup olive oil
- ☐ 0.3 teaspoon pepper
- ☐ 0.5 teaspoon salt

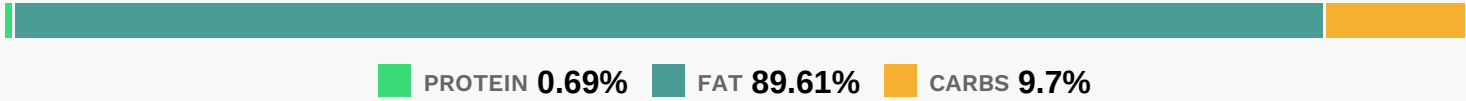
Equipment

whisk

Directions

Whisk together balsamic vinegar, parsley, basil, thyme, salt, and pepper. Gradually whisk in olive oil, whisking until vinaigrette is smooth.

Nutrition Facts



Properties

Glycemic Index:22.9, Glycemic Load:0.59, Inflammation Score:-6, Nutrition Score:1.1134782447277%

Flavonoids

Apigenin: 0.88mg, Apigenin: 0.88mg, Apigenin: 0.88mg, Apigenin: 0.88mg Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg

Nutrients (% of daily need)

Calories: 54.37kcal (2.72%), Fat: 5.42g (8.34%), Saturated Fat: 0.75g (4.69%), Carbohydrates: 1.32g (0.44%), Net Carbohydrates: 1.19g (0.43%), Sugar: 0.96g (1.06%), Cholesterol: 0mg (0%), Sodium: 118.15mg (5.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.09g (0.19%), Vitamin K: 10.72µg (10.21%), Vitamin E: 0.78mg (5.22%), Vitamin C: 1.69mg (2.05%), Vitamin A: 77.78IU (1.56%), Manganese: 0.03mg (1.5%), Iron: 0.24mg (1.31%)