



Fresh Peach-Basil Vinaigrette

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



10

CALORIES



49 kcal

SIDE DISH

Ingredients

- 2 tablespoons brown sugar
- 1.5 tablespoons basil fresh chopped
- 1 garlic clove minced
- 2 tablespoons olive oil
- 1 large peaches chopped
- 0.3 teaspoon pepper freshly ground
- 0.1 teaspoon salt
- 0.3 cup balsamic vinegar white

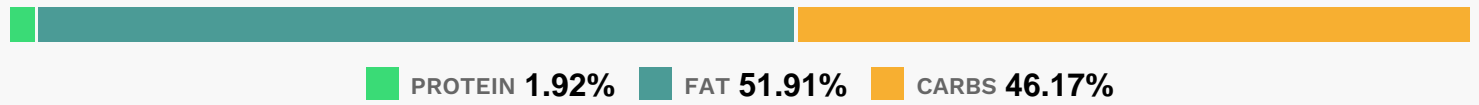
Equipment

whisk

Directions

- Whisk together first 5 ingredients until sugar is dissolved.
- Whisk in olive oil. Stir in chopped peach and basil.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:22.23, Glycemic Load:1.37, Inflammation Score:-1, Nutrition Score:0.91608694454898%

Flavonoids

Cyanidin: 0.34mg, Cyanidin: 0.34mg, Cyanidin: 0.34mg, Cyanidin: 0.34mg Catechin: 0.86mg, Catechin: 0.86mg, Catechin: 0.86mg, Catechin: 0.86mg Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg Epicatechin: 0.41mg, Epicatechin: 0.41mg, Epicatechin: 0.41mg, Epicatechin: 0.41mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 49.34kcal (2.47%), Fat: 2.85g (4.39%), Saturated Fat: 0.39g (2.44%), Carbohydrates: 5.71g (1.9%), Net Carbohydrates: 5.42g (1.97%), Sugar: 5.07g (5.63%), Cholesterol: 0mg (0%), Sodium: 34.1mg (1.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.24g (0.48%), Vitamin E: 0.53mg (3.56%), Vitamin K: 3.54µg (3.37%), Manganese: 0.04mg (1.91%), Vitamin A: 73.18IU (1.46%), Fiber: 0.29g (1.15%), Potassium: 36.85mg (1.05%), Vitamin C: 0.87mg (1.05%)