



Garlic and Basil Vinaigrette

 Gluten Free

READY IN



10 min.

SERVINGS



4

CALORIES



101 kcal

SIDE DISH

Ingredients

- 0.3 cup balsamic vinegar
- 0.5 teaspoon pepper black
- 0.5 cup basil leaves fresh chopped
- 2 tablespoons garlic fresh chopped
- 0.7 cup olive oil
- 3 tablespoons parmesan cheese grated
- 0.5 teaspoon salt

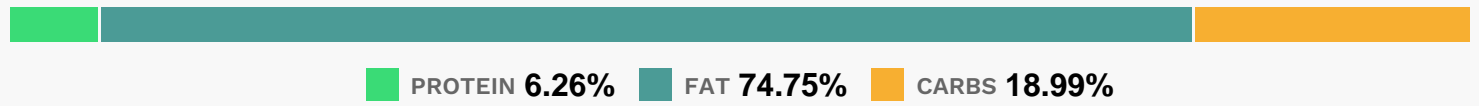
Equipment

- whisk
- blender

Directions

- Combine the basil, garlic, balsamic vinegar, and Parmesan cheese in a blender. Blend until ingredients form a paste. Slowly pour olive oil into the mixture and continue to blend until smooth.
- Add salt and pepper to taste.
- Whisk before serving.

Nutrition Facts



Properties

Glycemic Index:45.5, Glycemic Load:1.78, Inflammation Score:-2, Nutrition Score:2.8430434633856%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 100.74kcal (5.04%), Fat: 8.3g (12.77%), Saturated Fat: 1.58g (9.89%), Carbohydrates: 4.74g (1.58%), Net Carbohydrates: 4.55g (1.65%), Sugar: 2.44g (2.71%), Cholesterol: 3.26mg (1.09%), Sodium: 360.97mg (15.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.56g (3.13%), Vitamin K: 17.33µg (16.5%), Manganese: 0.16mg (7.9%), Vitamin E: 1.09mg (7.24%), Calcium: 51.36mg (5.14%), Vitamin A: 192.41IU (3.85%), Phosphorus: 35mg (3.5%), Vitamin B6: 0.06mg (2.9%), Selenium: 1.9µg (2.72%), Vitamin C: 1.79mg (2.17%), Iron: 0.36mg (2.01%), Zinc: 0.25mg (1.66%), Magnesium: 6.58mg (1.65%), Copper: 0.03mg (1.64%), Potassium: 53.09mg (1.52%), Vitamin B2: 0.02mg (1.18%)