



Garlic-Basil Vinaigrette



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



27 kcal

SIDE DISH

Ingredients

- ☐ 1 teaspoon dijon mustard
- ☐ 1.5 tablespoons basil fresh chopped
- ☐ 3 garlic cloves halved
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 0.3 cup low-salt chicken broth
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 6 servings pepper freshly ground
- ☐ 1 tablespoon red wine vinegar

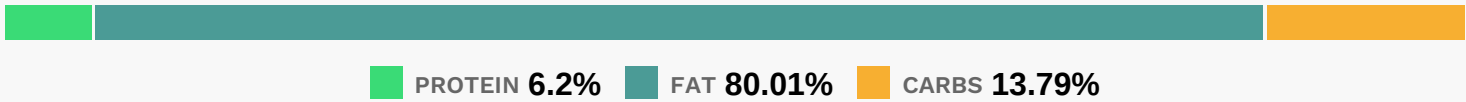
Equipment

☐ blender

Directions

☐ Combine all ingredients in a blender; process until smooth.

Nutrition Facts



Properties

Glycemic Index:27.33, Glycemic Load:0.16, Inflammation Score:-1, Nutrition Score:0.85173913059027%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 26.86kcal (1.34%), Fat: 2.46g (3.78%), Saturated Fat: 0.35g (2.2%), Carbohydrates: 0.95g (0.32%), Net Carbohydrates: 0.85g (0.31%), Sugar: 0.11g (0.12%), Cholesterol: 0mg (0%), Sodium: 13.67mg (0.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.43g (0.86%), Vitamin K: 3.68µg (3.51%), Manganese: 0.05mg (2.42%), Vitamin E: 0.35mg (2.33%), Vitamin C: 1.54mg (1.87%), Vitamin B6: 0.02mg (1.14%), Vitamin B3: 0.2mg (1.01%)