



## Ginger-Basil Vinaigrette

 Vegetarian  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



3

CALORIES



98 kcal

SIDE DISH

## Ingredients

- 0.5 cup basil leaves fresh loosely packed chopped
- 2 teaspoons ginger fresh minced
- 1 garlic clove minced
- 0.7 cup grapeseed oil
- 1 teaspoon honey
- 0.5 teaspoon kosher salt
- 2 tablespoons juice of lemon fresh

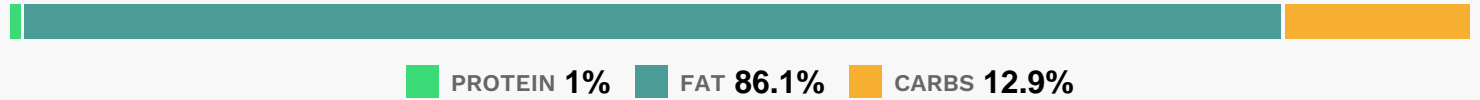
## Equipment

food processor

## Directions

Process basil, lemon juice, ginger, garlic, honey, and salt in a food processor until smooth. With processor running, pour grapeseed oil through food chute in a slow, steady stream, processing until smooth.

## Nutrition Facts



## Properties

Glycemic Index:73.76, Glycemic Load:1.16, Inflammation Score:-3, Nutrition Score:2.5843478428281%

## Flavonoids

Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg Hesperetin: 1.45mg, Hesperetin: 1.45mg, Hesperetin: 1.45mg, Hesperetin: 1.45mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

## Nutrients (% of daily need)

Calories: 98.42kcal (4.92%), Fat: 9.75g (15.01%), Saturated Fat: 0.94g (5.87%), Carbohydrates: 3.29g (1.1%), Net Carbohydrates: 3.14g (1.14%), Sugar: 2.21g (2.46%), Cholesterol: 0mg (0%), Sodium: 388.28mg (16.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.26g (0.51%), Vitamin E: 2.84mg (18.94%), Vitamin K: 16.62µg (15.83%), Vitamin C: 4.98mg (6.04%), Vitamin A: 211.69IU (4.23%), Manganese: 0.07mg (3.49%), Vitamin B6: 0.03mg (1.29%), Folate: 4.94µg (1.24%), Copper: 0.02mg (1.21%), Magnesium: 4.04mg (1.01%), Calcium: 10.08mg (1.01%)