



Honey-Balsamic Dressing

 Vegetarian  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



113 kcal

SIDE DISH

Ingredients

- 0.5 cup balsamic vinegar
- 0.1 teaspoon pepper black freshly ground
- 2 garlic cloves minced
- 2 tablespoons honey
- 0.5 cup olive oil extra-virgin
- 0.3 teaspoon salt
- 1 tablespoon soya sauce

Equipment

bowl

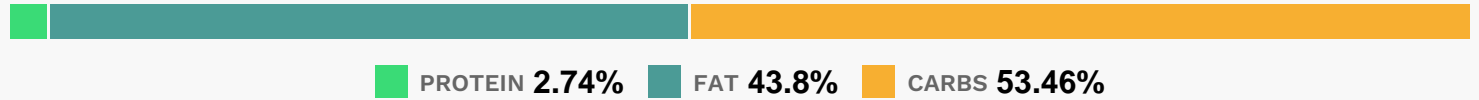
whisk

Directions

Combine first 4 ingredients in a small bowl with a wire whisk.

Whisk in oil, salt, and pepper.

Nutrition Facts



Properties

Glycemic Index:44.82, Glycemic Load:7.41, Inflammation Score:-1, Nutrition Score:1.2947826104482%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 112.8kcal (5.64%), Fat: 5.41g (8.33%), Saturated Fat: 0.75g (4.67%), Carbohydrates: 14.87g (4.96%), Net Carbohydrates: 14.76g (5.37%), Sugar: 13.48g (14.98%), Cholesterol: 0mg (0%), Sodium: 404.84mg (17.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.76g (1.53%), Manganese: 0.11mg (5.3%), Vitamin E: 0.78mg (5.2%), Vitamin K: 3.38µg (3.22%), Iron: 0.44mg (2.47%), Potassium: 57.63mg (1.65%), Magnesium: 6.32mg (1.58%), Vitamin B6: 0.03mg (1.52%), Phosphorus: 14.72mg (1.47%), Calcium: 13.27mg (1.33%), Copper: 0.02mg (1.18%), Vitamin B3: 0.2mg (1.01%)