



Honey-Balsamic Vinaigrette



Vegetarian



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



5

CALORIES



57 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup balsamic vinegar
- ☐ 2 tablespoons dijon mustard
- ☐ 1 teaspoon honey
- ☐ 0.5 cup olive oil extra-virgin
- ☐ 5 servings salt and pepper

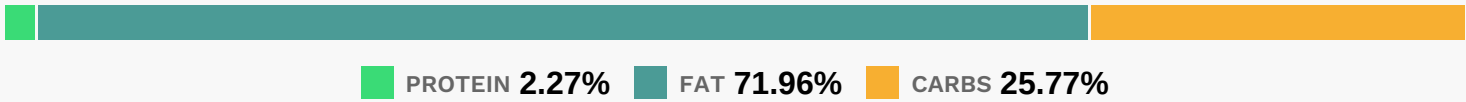
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐
- In a small bowl, whisk together vinegar, mustard and honey until well combined. Slowly drizzle in oil in a steady steam, whisking constantly. Season with salt and pepper. Cover and refrigerate.
- ☐
- Whisk or shake well before using.

Nutrition Facts



Properties

Glycemic Index:26.85, Glycemic Load:1.71, Inflammation Score:-1, Nutrition Score:0.88173913016267%

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

Nutrients (% of daily need)

Calories: 57.32kcal (2.87%), Fat: 4.52g (6.96%), Saturated Fat: 0.61g (3.82%), Carbohydrates: 3.64g (1.21%), Net Carbohydrates: 3.38g (1.23%), Sugar: 3.14g (3.49%), Cholesterol: 0mg (0%), Sodium: 262.86mg (11.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.32g (0.64%), Vitamin E: 0.64mg (4.29%), Selenium: 2.05µg (2.93%), Vitamin K: 2.69µg (2.56%), Manganese: 0.04mg (2.17%), Iron: 0.22mg (1.22%), Magnesium: 4.44mg (1.11%), Fiber: 0.26g (1.04%)