



Honey-Balsamic Vinaigrette



Vegetarian



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



10

CALORIES



40 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup balsamic vinegar
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 1 tablespoon thyme leaves fresh chopped
- ☐ 2 tablespoons honey
- ☐ 0.5 cup olive oil
- ☐ 10 servings salt and pepper to taste

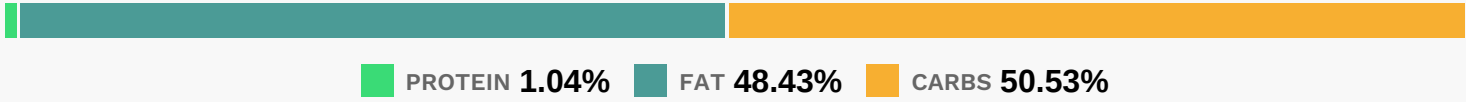
Equipment

- ☐ whisk

Directions

- ☐ Whisk together first 5 ingredients until blended.
- ☐ Whisk in salt and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:17.93, Glycemic Load:2.57, Inflammation Score:-6, Nutrition Score:0.86260868317407%

Flavonoids

Apigenin: 0.89mg, Apigenin: 0.89mg, Apigenin: 0.89mg, Apigenin: 0.89mg Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg

Nutrients (% of daily need)

Calories: 40.19kcal (2.01%), Fat: 2.17g (3.35%), Saturated Fat: 0.3g (1.89%), Carbohydrates: 5.1g (1.7%), Net Carbohydrates: 4.99g (1.81%), Sugar: 4.72g (5.25%), Cholesterol: 0mg (0%), Sodium: 196.24mg (8.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.1g (0.21%), Vitamin K: 7.86µg (7.49%), Vitamin E: 0.31mg (2.09%), Vitamin C: 1.67mg (2.03%), Manganese: 0.03mg (1.38%), Vitamin A: 66.95IU (1.34%), Iron: 0.24mg (1.33%)