



Honey Dijon Balsamic Vinaigrette



Vegetarian



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



4

CALORIES



87 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup balsamic vinegar
- ☐ 2 tablespoons dijon mustard
- ☐ 1 tablespoon honey
- ☐ 0.5 cup olive oil
- ☐ 4 servings salt and pepper to taste

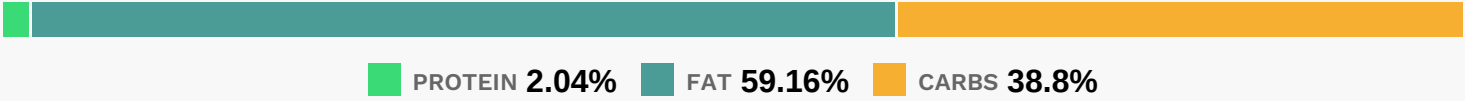
Equipment

- ☐ bowl
- ☐ whisk

Directions

☐ Whisk balsamic vinegar, olive oil, mustard, honey, salt, and pepper in a bowl.

Nutrition Facts



Properties

Glycemic Index:33.57, Glycemic Load:4.09, Inflammation Score:-1, Nutrition Score:1.1847826258644%

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: 86.97kcal (4.35%), Fat: 5.65g (8.7%), Saturated Fat: 0.76g (4.78%), Carbohydrates: 8.34g (2.78%), Net Carbohydrates: 8.01g (2.91%), Sugar: 7.59g (8.44%), Cholesterol: 0mg (0%), Sodium: 281.5mg (12.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.44g (0.88%), Vitamin E: 0.8mg (5.36%), Selenium: 2.59µg (3.7%), Vitamin K: 3.36µg (3.2%), Manganese: 0.06mg (3.19%), Iron: 0.33mg (1.81%), Magnesium: 6.26mg (1.57%), Fiber: 0.33g (1.33%), Phosphorus: 12.35mg (1.23%), Calcium: 10.95mg (1.1%), Potassium: 37.87mg (1.08%)