



Italian Herb Vinegar

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



76 kcal

SIDE DISH

Ingredients

- 0.3 cup basil fresh chopped
- 1 tablespoon parsley fresh chopped
- 0.3 cup rosemary fresh chopped
- 2 tablespoons sage fresh chopped
- 1 clove garlic crushed
- 0.5 cup oregano fresh chopped
- 1 tablespoon peppercorns
- 4 cups red wine vinegar

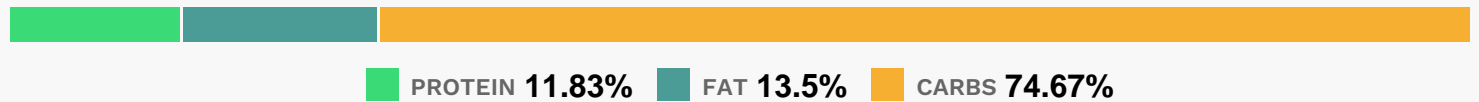
Equipment

- sauce pan
- sieve
- cheesecloth

Directions

- Combine first 7 ingredients in a wide-mouth quart glass jar, and set aside.
- Pour vinegar into a nonaluminum saucepan; bring to a boil.
- Pour hot vinegar over herbs in jar; cover with lid.
- Let stand at room temperature 2 weeks.
- Pour mixture through a wire-mesh strainer lined with 2 layers of cheesecloth into decorative bottles or jars, discarding herbs.
- Add additional sprigs of rosemary, basil, or sage, if desired. Seal bottles with corks or airtight lids.
- Use in vinaigrettes, marinades, or vegetable salads.

Nutrition Facts



Properties

Glycemic Index:42.25, Glycemic Load:0.48, Inflammation Score:-10, Nutrition Score:14.156956491263%

Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 75.98kcal (3.8%), Fat: 0.61g (0.94%), Saturated Fat: 0.26g (1.64%), Carbohydrates: 7.59g (2.53%), Net Carbohydrates: 3.88g (1.41%), Sugar: 0.28g (0.31%), Cholesterol: 0mg (0%), Sodium: 22.45mg (0.98%), Alcohol: 0g

(100%), Alcohol %: 0% (100%), Protein: 1.2g (2.4%), Copper: 9.2mg (460.18%), Vitamin K: 64.03µg (60.98%), Manganese: 1.07mg (53.71%), Iron: 4.1mg (22.76%), Calcium: 151.64mg (15.16%), Fiber: 3.71g (14.83%), Magnesium: 38.32mg (9.58%), Vitamin E: 1.14mg (7.61%), Potassium: 239.07mg (6.83%), Vitamin A: 328.51IU (6.57%), Folate: 19.05µg (4.76%), Vitamin B6: 0.09mg (4.41%), Vitamin C: 3.53mg (4.28%), Phosphorus: 36.74mg (3.67%), Vitamin B2: 0.05mg (2.67%), Zinc: 0.37mg (2.44%), Vitamin B3: 0.35mg (1.77%), Vitamin B1: 0.03mg (1.71%), Vitamin B5: 0.12mg (1.15%)