



Italian Vinaigrette

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



5 min.

SERVINGS



5

CALORIES



53 kcal

SIDE DISH

Ingredients

- 0.5 cup cider vinegar
- 0.7 oz dressing mix italian
- 0.5 cup vegetable oil

Equipment

- whisk

Directions

- Whisk together all ingredients. Chill 30 minutes.
- Note: For testing purposes only, we used Good Seasons Italian Salad Dressing & Recipe
- Mix.

Nutrition Facts

PROTEIN 0.13% **FAT 94.21%** **CARBS 5.66%**

Properties

Glycemic Index:8, Glycemic Load:0.09, Inflammation Score:-1, Nutrition Score:0.78739130318813%

Nutrients (% of daily need)

Calories: 53.09kcal (2.65%), Fat: 5.2g (8%), Saturated Fat: 0.78g (4.89%), Carbohydrates: 0.7g (0.23%), Net Carbohydrates: 0.7g (0.26%), Sugar: 0.52g (0.58%), Cholesterol: 0mg (0%), Sodium: 40.61mg (1.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.02g (0.03%), Vitamin K: 10.24µg (9.75%), Manganese: 0.06mg (3.04%), Vitamin E: 0.44mg (2.96%)