



Jacolyn's Herbed Vinaigrette



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



5

CALORIES



86 kcal

SIDE DISH

Ingredients

- 0.3 cup apple cider vinegar
- 2 teaspoons thyme leaves dried
- 1 tablespoon basil fresh chopped
- 2 cloves garlic minced
- 0.5 teaspoon ground pepper black
- 1 cup olive oil extra-virgin
- 0.5 teaspoon salt
- 1 teaspoon sugar white

Equipment

bowl

whisk

Directions

Whisk olive oil, vinegar, garlic, basil, thyme, sugar, black pepper, and salt together in a bowl until smooth.

Nutrition Facts

PROTEIN 0.68% **FAT 91.21%** **CARBS 8.11%**

Properties

Glycemic Index:48.42, Glycemic Load:0.76, Inflammation Score:-4, Nutrition Score:1.7578260626482%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 86.29kcal (4.31%), Fat: 8.69g (13.37%), Saturated Fat: 1.21g (7.55%), Carbohydrates: 1.74g (0.58%), Net Carbohydrates: 1.51g (0.55%), Sugar: 0.88g (0.98%), Cholesterol: 0mg (0%), Sodium: 234.01mg (10.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.15g (0.29%), Vitamin K: 14.07µg (13.4%), Vitamin E: 1.28mg (8.54%), Manganese: 0.12mg (6.1%), Iron: 0.63mg (3.5%), Calcium: 12.68mg (1.27%)