



Maple-Balsamic Dressing



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



40 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup balsamic vinegar
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 2 teaspoons dijon mustard
- ☐ 2.5 tablespoons olive oil extravirgin
- ☐ 1 tablespoon rosemary fresh minced
- ☐ 2 garlic cloves minced
- ☐ 0.3 cup maple syrup
- ☐ 0.5 teaspoon salt

☐ 0.5 cup sacramento tomato juice

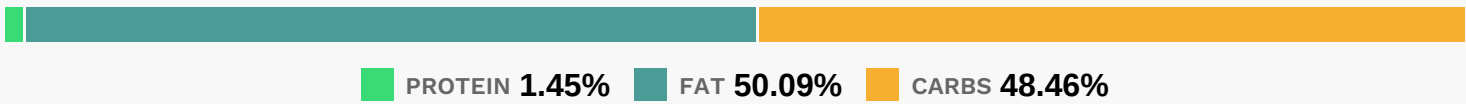
Equipment

☐ whisk

Directions

- ☐ Combine all ingredients except oil, stirring well. Gradually add oil, stirring constantly with a whisk until well combined.
- ☐ Note: Refrigerate dressing in an airtight container for up to five days; stir well before using.

Nutrition Facts



Properties

Glycemic Index:13.24, Glycemic Load:1.83, Inflammation Score:-1, Nutrition Score:1.1121739097264%

Flavonoids

Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 40.15kcal (2.01%), Fat: 2.22g (3.42%), Saturated Fat: 0.31g (1.93%), Carbohydrates: 4.84g (1.61%), Net Carbohydrates: 4.74g (1.72%), Sugar: 4.09g (4.55%), Cholesterol: 0mg (0%), Sodium: 82.13mg (3.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.14g (0.29%), Manganese: 0.15mg (7.31%), Vitamin B2: 0.07mg (3.96%), Vitamin E: 0.34mg (2.28%), Vitamin C: 1.54mg (1.86%), Vitamin K: 1.61µg (1.53%), Potassium: 38.8mg (1.11%)