



Olive Oil-Balsamic Dipping Sauce

READY IN



45 min.

SERVINGS



6

CALORIES



288 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons balsamic vinegar
- ☐ 1 garlic clove minced
- ☐ 0.5 teaspoon penzey's southwest seasoning italian
- ☐ 16 ounce un multigrain bread loaf
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 3 tablespoons parmesan cheese freshly grated
- ☐ 0.5 teaspoon pepper freshly ground
- ☐ 0.5 teaspoon salt

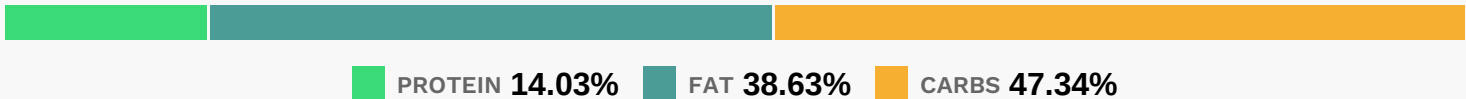
Equipment

- ☐ bowl
- ☐ oven

Directions

- ☐ Stir together first 5 ingredients in a shallow bowl.
- ☐ Drizzle oil and vinegar evenly over cheese mixture, and stir.
- ☐ Place bread loaf directly on lower oven rack.
- ☐ Bake at 350 for 15 minutes or until heated.
- ☐ Cut bread into 1-inch slices. Dip bread slices into sauce.

Nutrition Facts



Properties

Glycemic Index:31.12, Glycemic Load:20.07, Inflammation Score:-4, Nutrition Score:13.359130419467%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 288.4kcal (14.42%), Fat: 12.4g (19.08%), Saturated Fat: 2.19g (13.68%), Carbohydrates: 34.19g (11.4%), Net Carbohydrates: 29.53g (10.74%), Sugar: 4.15g (4.61%), Cholesterol: 2.17mg (0.73%), Sodium: 579.3mg (25.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.13g (20.26%), Manganese: 1.66mg (83.08%), Selenium: 20.47µg (29.24%), Vitamin B1: 0.3mg (19.85%), Fiber: 4.66g (18.64%), Phosphorus: 178.41mg (17.84%), Vitamin B3: 3.36mg (16.82%), Magnesium: 60.59mg (15.15%), Calcium: 151.28mg (15.13%), Vitamin K: 12.67µg (12.07%), Iron: 2.12mg (11.79%), Vitamin E: 1.75mg (11.66%), Zinc: 1.46mg (9.71%), Copper: 0.18mg (8.91%), Vitamin B6: 0.17mg (8.69%), Folate: 32.34µg (8.08%), Vitamin B2: 0.14mg (7.99%), Potassium: 206.02mg (5.89%), Vitamin B5: 0.53mg (5.34%)