



Oysterville Sea Farms Italian Vinaigrette



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



79 kcal

SIDE DISH

Ingredients

- ☐ 1 teaspoon honey
- ☐ 1.5 cups olive oil extra-virgin
- ☐ 0.5 teaspoon pepper freshly ground
- ☐ 1 teaspoon salt
- ☐ 1 tablespoon seaport spices blend dried italian
- ☐ 0.5 cup citrus champagne vinegar

Equipment

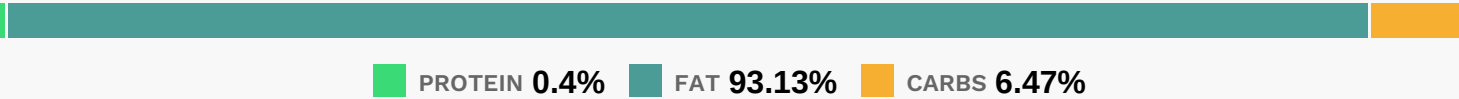
- ☐ bowl

☐ whisk

Directions

- ☐ Whisk together all ingredients in a medium bowl. Cover and chill.
- ☐ *To order the Seaport Spices Italian Blend call 800/272-6237 or visit oysterville.net.

Nutrition Facts



Properties

Glycemic Index:11.16, Glycemic Load:0.4, Inflammation Score:-1, Nutrition Score:1.2082608748713%

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

Nutrients (% of daily need)

Calories: 79.07kcal (3.95%), Fat: 8.13g (12.51%), Saturated Fat: 1.13g (7.06%), Carbohydrates: 1.27g (0.42%), Net Carbohydrates: 0.97g (0.35%), Sugar: 0.74g (0.83%), Cholesterol: 0mg (0%), Sodium: 292.26mg (12.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.08g (0.16%), Vitamin E: 1.28mg (8.55%), Vitamin K: 8.97µg (8.54%), Manganese: 0.06mg (2.77%), Iron: 0.36mg (2%), Fiber: 0.3g (1.2%), Calcium: 11.74mg (1.17%)