

Pancetta Balsamic Vinaigrette

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN

ready

10 min.

SERVINGS

servings

4

CALORIES

calories

153 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup balsamic vinegar
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 teaspoon rosemary leaves fresh chopped
- ☐ 0.5 cup olive oil extra-virgin
- ☐ 1 tablespoon olive oil
- ☐ 2 ounces pancetta thick-cut cut into 1/4-inch-thick cubes
- ☐ 0.8 teaspoon salt
- ☐ 0.3 teaspoon sugar

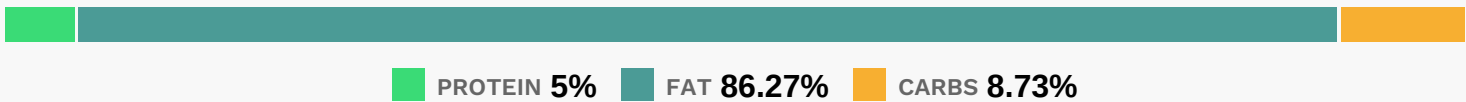
Equipment

☐ frying pan

Directions

- ☐ Special Equipment: 1 (6 to 8-ounce) decorative jar
- ☐ Warm the olive oil in a medium skillet over medium-high heat.
- ☐ Add the pancetta and cook until golden brown, about 5 minutes.
- ☐ Let cool slightly and pour into the decorative jar.
- ☐ Add the balsamic vinegar, rosemary, salt, pepper, and sugar.
- ☐ Put the lid on tightly and shake to combine.
- ☐ Add the extra-virgin olive oil, replace the lid again, and shake to combine.
- ☐ When ready to use shake well to combine.
- ☐ Cook's Notes: Can be sent as a gift with label and with name of recipe and date made and what to use it for dipping with bread (crostini), for steamed veggies, salad dressing, tossed with cooked pasta, steamed artichoke dip.

Nutrition Facts



Properties

Glycemic Index:38.02, Glycemic Load:1.56, Inflammation Score:-1, Nutrition Score:1.7873913087761%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg

Nutrients (% of daily need)

Calories: 153.43kcal (7.67%), Fat: 14.54g (22.36%), Saturated Fat: 3.12g (19.48%), Carbohydrates: 3.31g (1.1%), Net Carbohydrates: 3.24g (1.18%), Sugar: 2.63g (2.93%), Cholesterol: 9.36mg (3.12%), Sodium: 533.77mg (23.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.89g (3.79%), Vitamin E: 1.35mg (8.97%), Vitamin K: 5.77µg (5.49%), Selenium: 2.86µg (4.09%), Vitamin B3: 0.57mg (2.87%), Manganese: 0.06mg (2.78%), Vitamin B1: 0.04mg

(2.63%), Phosphorus: 23.85mg (2.39%), Vitamin B6: 0.04mg (1.93%), Potassium: 49.59mg (1.42%), Iron: 0.25mg (1.4%), Zinc: 0.18mg (1.23%), Vitamin B12: 0.07µg (1.18%), Magnesium: 4.07mg (1.02%)