



Parmesan Vinaigrette

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



112 kcal

SIDE DISH

Ingredients

- 1 tablespoon balsamic vinegar
- 2 teaspoons pepper black freshly ground
- 0.3 cup basil fresh chopped
- 0.3 cup cilantro leaves fresh chopped
- 2 garlic cloves
- 3 tablespoons juice of lemon fresh
- 2 teaspoons lemon zest
- 0.5 cup olive oil

0.5 cup parmesan cheese freshly grated

0.5 teaspoon salt

Equipment

food processor

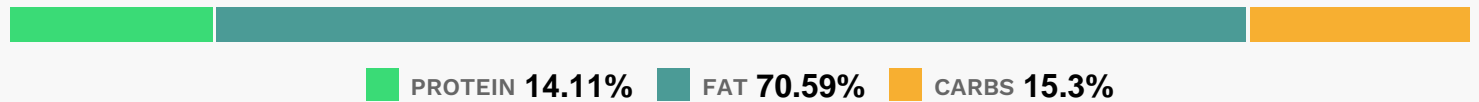
blender

Directions

Process Parmesan cheese, olive oil, lemon zest, lemon juice, balsamic vinegar, garlic, pepper, and salt in a blender or food processor until smooth.

Add basil and cilantro; pulse 5 or 6 times or just until blended.

Nutrition Facts



Properties

Glycemic Index:53.5, Glycemic Load:0.62, Inflammation Score:-3, Nutrition Score:4.1652174332867%

Flavonoids

Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg

Nutrients (% of daily need)

Calories: 112.15kcal (5.61%), Fat: 8.98g (13.82%), Saturated Fat: 2.7g (16.9%), Carbohydrates: 4.38g (1.46%), Net Carbohydrates: 3.9g (1.42%), Sugar: 0.97g (1.07%), Cholesterol: 10.88mg (3.63%), Sodium: 511.61mg (22.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.04g (8.08%), Vitamin K: 14.45µg (13.76%), Calcium: 124.3mg (12.43%), Manganese: 0.19mg (9.6%), Phosphorus: 86.22mg (8.62%), Vitamin C: 6.65mg (8.06%), Selenium: 4.67µg (6.67%), Vitamin E: 0.91mg (6.06%), Vitamin A: 261.51IU (5.23%), Zinc: 0.6mg (4%), Vitamin B2: 0.05mg (3.05%), Vitamin B12: 0.17µg (2.81%), Magnesium: 8.99mg (2.25%), Vitamin B6: 0.04mg (2.12%), Potassium: 69.72mg (1.99%), Fiber: 0.48g (1.9%), Iron: 0.32mg (1.79%), Copper: 0.03mg (1.74%), Folate: 4.99µg (1.25%)