



Pasta Salad Dressing

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



258 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 cup balsamic vinegar
- 0.5 teaspoon basil dried
- 0.5 teaspoon tarragon dried
- 1 tablespoon parsley fresh chopped
- 1 garlic clove minced
- 1 green onion thinly sliced
- 1 teaspoon juice of lemon
- 0.3 cup olive oil

- 0.3 teaspoon salt
- 0.3 cup vegetable oil

Equipment

- bowl
- whisk

Directions

- Whisk together all ingredients in a small bowl until blended.
- Serve any remaining dressing over salad greens.

Nutrition Facts

PROTEIN 0.46% **FAT 94.12%** **CARBS 5.42%**

Properties

Glycemic Index:53.5, Glycemic Load:1.56, Inflammation Score:-2, Nutrition Score:4.2891303670147%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

Nutrients (% of daily need)

Calories: 257.55kcal (12.88%), Fat: 27.17g (41.8%), Saturated Fat: 3.95g (24.7%), Carbohydrates: 3.52g (1.17%), Net Carbohydrates: 3.32g (1.21%), Sugar: 2.5g (2.78%), Cholesterol: 0mg (0%), Sodium: 150.71mg (6.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.3g (0.6%), Vitamin K: 57.95µg (55.19%), Vitamin E: 3.1mg (20.66%), Manganese: 0.07mg (3.63%), Vitamin C: 2.74mg (3.32%), Iron: 0.51mg (2.82%), Vitamin A: 125.72IU (2.51%), Calcium: 15.15mg (1.51%), Potassium: 46.97mg (1.34%), Magnesium: 5.03mg (1.26%), Folate: 4.78µg (1.2%), Vitamin B6: 0.02mg (1.02%)