



## Peppery Balsamic Vinaigrette Sauce

 Vegetarian  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



5

CALORIES



274 kcal

SAUCE

### Ingredients

- 3 tablespoons balsamic vinegar
- 6 tablespoons mayonnaise
- 6 tablespoons olive oil
- 1 tablespoon pepper freshly ground

### Equipment

- bowl

## Directions

Combine all ingredients in a bowl, stirring until blended.

## Nutrition Facts

 PROTEIN **0.48%**  FAT **95.9%**  CARBS **3.62%**

## Properties

Glycemic Index:26.4, Glycemic Load:1.01, Inflammation Score:-1, Nutrition Score:3.3304348357994%

## Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg

## Nutrients (% of daily need)

Calories: 274.21kcal (13.71%), Fat: 29.41g (45.24%), Saturated Fat: 4.3g (26.88%), Carbohydrates: 2.5g (0.83%), Net Carbohydrates: 2.19g (0.8%), Sugar: 1.54g (1.71%), Cholesterol: 7.06mg (2.35%), Sodium: 109.46mg (4.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.33g (0.67%), Vitamin K: 39.46µg (37.58%), Vitamin E: 2.98mg (19.88%), Manganese: 0.17mg (8.34%), Iron: 0.31mg (1.75%), Fiber: 0.3g (1.21%), Copper: 0.02mg (1.08%)