



Red Wine Vinaigrette



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



5 min.

SERVINGS



5

CALORIES



130 kcal

SIDE DISH

Ingredients



0.3 cup olive oil



0.5 teaspoon pepper freshly ground



0.3 cup red wine vinegar



0.5 teaspoon salt

Equipment



bowl



whisk

Directions

- ☐ Whisk together first 3 ingredients in a small bowl.
- ☐ Add oil in a slow, steady stream, whisking constantly until smooth.
- ☐ Use immediately, or store in an airtight container in refrigerator up to 1 week. If chilled, let stand at room temperature 15 minutes, and whisk before serving.

Nutrition Facts



■ **PROTEIN 0.08%** ■ **FAT 99.43%** ■ **CARBS 0.49%**

Properties

Glycemic Index:6.4, Glycemic Load:0.02, Inflammation Score:-1, Nutrition Score:1.1413043424811%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg

Nutrients (% of daily need)

Calories: 130.07kcal (6.5%), Fat: 14.41g (22.16%), Saturated Fat: 1.99g (12.44%), Carbohydrates: 0.16g (0.05%), Net Carbohydrates: 0.11g (0.04%), Sugar: 0g (0%), Cholesterol: 0mg (0%), Sodium: 233.83mg (10.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.03g (0.05%), Vitamin E: 2.08mg (13.84%), Vitamin K: 9µg (8.57%), Manganese: 0.03mg (1.58%)