

Red Wine Vinaigrette



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



333 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon basil dried
- ☐ 1 garlic clove coarsely chopped
- ☐ 0.3 teaspoon coarsely ground pepper
- ☐ 0.3 cup olive oil
- ☐ 0.5 teaspoon oregano dried
- ☐ 0.3 cup red wine vinegar
- ☐ 4 servings try build-a-meal
- ☐ 0.5 teaspoon salt

- ☐ 2 tablespoons shallots coarsely chopped
- ☐ 0.5 teaspoon mustard stone-ground
- ☐ 0.3 cup vegetable oil

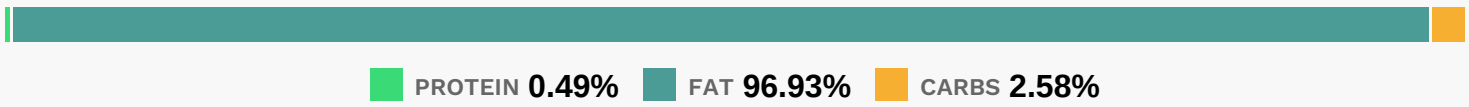
Equipment

- ☐ food processor
- ☐ blender

Directions

- ☐ Process first 8 ingredients in a food processor or blender until blended. With processor running, add oils in a slow, steady stream; process until blended.

Nutrition Facts



Properties

Glycemic Index:32.25, Glycemic Load:0.29, Inflammation Score:-3, Nutrition Score:4.3856521741204%

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 Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 333.1kcal (16.66%), Fat: 36.24g (55.76%), Saturated Fat: 5.27g (32.93%), Carbohydrates: 2.17g (0.72%), Net Carbohydrates: 1.56g (0.57%), Sugar: 0.43g (0.48%), Cholesterol: 0mg (0%), Sodium: 300.43mg (13.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.41g (0.82%), Vitamin K: 48.27µg (45.97%), Vitamin E: 4.16mg (27.71%), Manganese: 0.15mg (7.37%), Iron: 0.56mg (3.11%), Fiber: 0.61g (2.45%), Vitamin B6: 0.04mg (1.78%), Magnesium: 6.6mg (1.65%), Phosphorus: 13.65mg (1.36%), Calcium: 13.06mg (1.31%), Selenium: 0.91µg (1.3%), Potassium: 44.05mg (1.26%), Copper: 0.02mg (1.11%)