



Rosemary-Garlic Vinegar

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



2

CALORIES



79 kcal

SIDE DISH

Ingredients

- 2 cups citrus champagne vinegar
- 0.3 cup rosemary leaves fresh packed
- 3 garlic clove
- 1 sprig rosemary leaves fresh
- 2 garlic clove
- 2 small to 5 chilies red

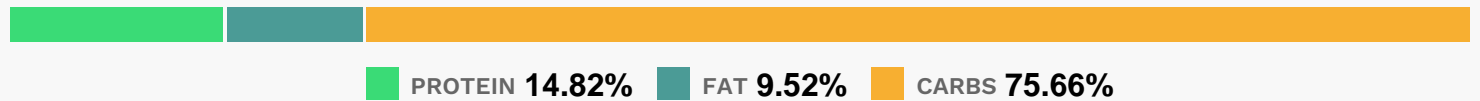
Equipment

- skewers

Directions

- Shake vinegar, 1/4 cup rosemary and 3 garlic cloves in tightly covered glass jar or bottle.
- Let stand in cool, dry place 10 days.
- Place 1 sprig rosemary in clear glass bottle. Thread 2 garlic cloves and the chilies alternately on bamboo skewer; place in bottle.
- Strain vinegar mixture; pour into bottle. Store at room temperature.

Nutrition Facts



Properties

Glycemic Index:52.5, Glycemic Load:2.18, Inflammation Score:-7, Nutrition Score:8.7404348331949%

Flavonoids

Naringenin: 0.85mg, Naringenin: 0.85mg, Naringenin: 0.85mg, Naringenin: 0.85mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 79.07kcal (3.95%), Fat: 0.44g (0.67%), Saturated Fat: 0.12g (0.77%), Carbohydrates: 7.8g (2.6%), Net Carbohydrates: 6.49g (2.36%), Sugar: 2.46g (2.73%), Cholesterol: 0mg (0%), Sodium: 25.34mg (1.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.53g (3.05%), Vitamin C: 68.95mg (83.57%), Manganese: 0.35mg (17.62%), Vitamin B6: 0.33mg (16.61%), Vitamin A: 529.22IU (10.58%), Iron: 1.89mg (10.52%), Potassium: 291.06mg (8.32%), Magnesium: 24.9mg (6.23%), Vitamin K: 6.43µg (6.12%), Copper: 0.11mg (5.73%), Fiber: 1.32g (5.26%), Phosphorus: 52.21mg (5.22%), Calcium: 45.07mg (4.51%), Folate: 14.31µg (3.58%), Vitamin B1: 0.05mg (3.24%), Vitamin B3: 0.64mg (3.22%), Vitamin B2: 0.05mg (3.07%), Vitamin E: 0.32mg (2.11%), Zinc: 0.31mg (2.05%), Selenium: 1.29µg (1.84%), Vitamin B5: 0.16mg (1.63%)