



Rosemary Vinaigrette



Vegetarian



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



5

CALORIES



119 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon dijon mustard
- ☐ 0.5 cup olive oil extra virgin
- ☐ 2 tablespoons rosemary leaves fresh chopped
- ☐ 2 garlic clove
- ☐ 0.3 cup honey
- ☐ 5 servings pepper freshly ground to taste
- ☐ 0.3 medium size onion red
- ☐ 0.5 teaspoon salt

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0.5 cup balsamic vinegar white

Equipment

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food processor

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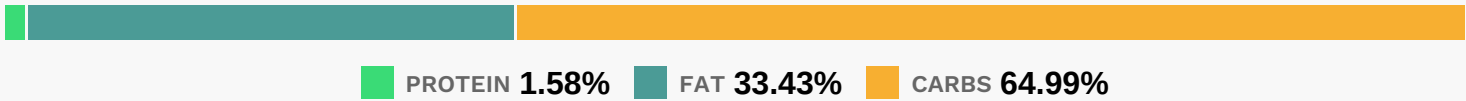
blender

Directions

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Process balsamic vinegar and next 7 ingredients in a blender or food processor 15 to 20 seconds, stopping to scrape down sides. With blender or processor running, gradually add olive oil in a slow, steady stream; process until smooth.

Nutrition Facts



Properties

Glycemic Index:44.65, Glycemic Load:9.7, Inflammation Score:-2, Nutrition Score:1.4247825962046%

Flavonoids

Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg

Nutrients (% of daily need)

Calories: 119.27kcal (5.96%), Fat: 4.48g (6.9%), Saturated Fat: 0.63g (3.94%), Carbohydrates: 19.61g (6.54%), Net Carbohydrates: 19.19g (6.98%), Sugar: 18.02g (20.02%), Cholesterol: 0mg (0%), Sodium: 272.83mg (11.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.48g (0.95%), Manganese: 0.11mg (5.38%), Vitamin E: 0.64mg (4.24%), Vitamin K: 2.85µg (2.72%), Iron: 0.42mg (2.35%), Selenium: 1.36µg (1.94%), Potassium: 61.48mg (1.76%), Fiber: 0.42g (1.68%), Magnesium: 6.59mg (1.65%), Calcium: 16.4mg (1.64%), Vitamin B6: 0.03mg (1.53%), Phosphorus: 12.88mg (1.29%), Vitamin C: 1.05mg (1.28%), Copper: 0.02mg (1.23%)