



Scrumptious Fresh Vinaigrette Dressing

 Gluten Free

READY IN



5 min.

SERVINGS



4

CALORIES



178 kcal

SIDE DISH

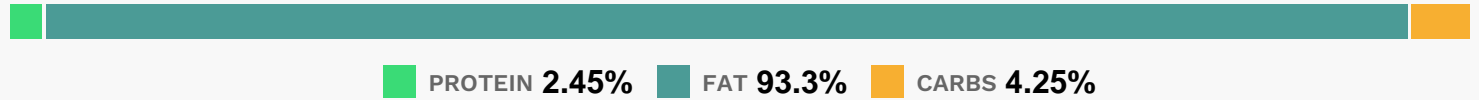
Ingredients

- 4 balsamic vinegar
- 0.1 teaspoon basil
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- 1 tablespoon dijon mustard
- 0.1 teaspoon pepper fresh
- 1 tablespoon optional: lemon
- 0.3 cup olive oil
- 0.1 teaspoon oregano

- 2 tablespoons parmesan shredded
- 0.1 teaspoon parsley
- 0.1 teaspoon salt
- 1 tsp sugar

Equipment

Nutrition Facts



Properties

Glycemic Index:103.4, Glycemic Load:0.92, Inflammation Score:-1, Nutrition Score:2.1430434782609%

Flavonoids

Eriodictyol: 0.79mg, Eriodictyol: 0.79mg, Eriodictyol: 0.79mg, Eriodictyol: 0.79mg Hesperetin: 1.03mg, Hesperetin: 1.03mg, Hesperetin: 1.03mg, Hesperetin: 1.03mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 177.53kcal (8.88%), Fat: 18.79g (28.91%), Saturated Fat: 2.91g (18.17%), Carbohydrates: 1.92g (0.64%), Net Carbohydrates: 1.62g (0.59%), Sugar: 1.37g (1.52%), Cholesterol: 1.7mg (0.57%), Sodium: 154.68mg (6.73%), Protein: 1.11g (2.22%), Vitamin E: 2.63mg (17.52%), Vitamin K: 11.5µg (10.96%), Calcium: 34.72mg (3.47%), Selenium: 1.86µg (2.66%), Vitamin C: 1.98mg (2.4%), Phosphorus: 22.38mg (2.24%), Manganese: 0.03mg (1.5%), Iron: 0.24mg (1.34%), Fiber: 0.31g (1.23%)