



Sheila's Best Balsamic Dressing

 Vegetarian  Vegan  Gluten Free  Dairy Free  Popular  Low Fod Map

READY IN



10 min.

SERVINGS



4

CALORIES



133 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons balsamic vinegar
- ☐ 0.3 teaspoon pepper black
- ☐ 1 tablespoon dijon mustard
- ☐ 0.3 cup olive oil extra virgin
- ☐ 1 teaspoon brown sugar light
- ☐ 1 tablespoon red wine vinegar
- ☐ 0.5 teaspoon salt

Equipment

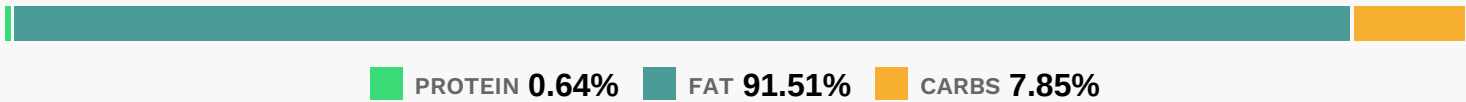
☐

whisk

Directions

- ☐ Mix all ingredients EXCEPT oil together.2
- ☐ Add oil to mixture and mix well with whisk or late frother.

Nutrition Facts



Properties

Glycemic Index:28.5, Glycemic Load:0.71, Inflammation Score:-1, Nutrition Score:1.3778260933316%

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: 133.49kcal (6.67%), Fat: 13.63g (20.97%), Saturated Fat: 1.87g (11.71%), Carbohydrates: 2.63g (0.88%), Net Carbohydrates: 2.44g (0.89%), Sugar: 2.22g (2.47%), Cholesterol: 0mg (0%), Sodium: 334.65mg (14.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.21g (0.43%), Vitamin E: 1.96mg (13.06%), Vitamin K: 8.39µg (7.99%), Manganese: 0.05mg (2.26%), Selenium: 1.29µg (1.85%), Iron: 0.23mg (1.29%)