

Spiced Balsamic Vinaigrette

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



178 kcal

SIDE DISH

Ingredients

- 3 tablespoons balsamic vinegar
- 0.5 teaspoon dijon mustard
- 2 cloves garlic pressed
- 0.3 teaspoon ground cumin
- 4 servings salt and ground pepper black to taste
- 0.3 cup olive oil
- 0.3 teaspoon pepper flakes red crushed
- 1 shallots minced

Equipment

- bowl
- whisk

Directions

- Whisk the balsamic vinegar and Dijon mustard together in a small bowl.
- Whisk in the shallot, garlic, cumin, and crushed red pepper.
- Slowly drizzle in the olive oil, whisking constantly until fully incorporated, and continue to whisk for an additional 1 to 2 minutes. Season to taste with salt and black pepper.
- Let the dressing sit for 10 minutes to allow the flavor to develop.

Nutrition Facts



Properties

Glycemic Index:44.75, Glycemic Load:1.43, Inflammation Score:-1, Nutrition Score:2.1256521609814%

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: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 177.87kcal (8.89%), Fat: 18.08g (27.82%), Saturated Fat: 2.49g (15.59%), Carbohydrates: 3.8g (1.27%), Net Carbohydrates: 3.46g (1.26%), Sugar: 2.32g (2.58%), Cholesterol: 0mg (0%), Sodium: 13.28mg (0.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.39g (0.77%), Vitamin E: 2.65mg (17.67%), Vitamin K: 11.22µg (10.69%), Manganese: 0.08mg (4.04%), Iron: 0.41mg (2.29%), Vitamin B6: 0.04mg (2.2%), Potassium: 47.45mg (1.36%), Fiber: 0.34g (1.36%), Vitamin C: 0.98mg (1.19%), Calcium: 10.86mg (1.09%), Magnesium: 4.24mg (1.06%), Phosphorus: 10.16mg (1.02%)