



Sugar-and-Vinegar Dressing



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



5

CALORIES



83 kcal

SIDE DISH

Ingredients

- ☐ 2 teaspoons dijon mustard
- ☐ 2 tablespoons basil fresh chopped
- ☐ 1 garlic clove
- ☐ 0.5 teaspoon pepper freshly ground
- ☐ 0.3 cup red wine vinegar
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup sugar
- ☐ 0.5 cup vegetable oil

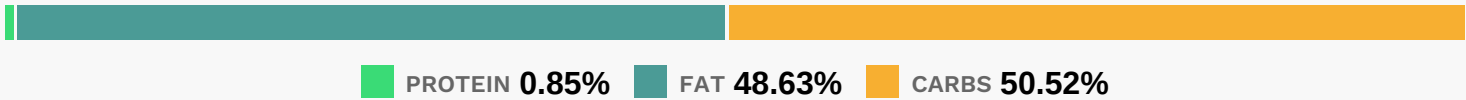
Equipment

- ☐ food processor
- ☐ blender

Directions

- ☐ Process first 6 ingredients in a blender or food processor until smooth. With blender or processor running, add oil in a slow, steady stream; process until smooth. Stir in basil.

Nutrition Facts



Properties

Glycemic Index:46.82, Glycemic Load:7.07, Inflammation Score:-1, Nutrition Score:1.109565195506%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 82.87kcal (4.14%), Fat: 4.47g (6.88%), Saturated Fat: 0.67g (4.21%), Carbohydrates: 10.46g (3.49%), Net Carbohydrates: 10.29g (3.74%), Sugar: 10.02g (11.13%), Cholesterol: 0mg (0%), Sodium: 256.1mg (11.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.18g (0.35%), Vitamin K: 11.71µg (11.15%), Manganese: 0.06mg (3.07%), Vitamin E: 0.37mg (2.48%), Selenium: 0.84µg (1.2%)