



Sweet Basil Vinaigrette



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



10

CALORIES



50 kcal

SIDE DISH

Ingredients

- ☐ 0.8 cup canola oil
- ☐ 2 teaspoons dijon mustard
- ☐ 3 tablespoons basil fresh chopped
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 0.8 teaspoon pepper freshly ground
- ☐ 0.3 cup red wine vinegar
- ☐ 0.5 teaspoon salt
- ☐ 2 shallots chopped

☐ 3 tablespoons sugar

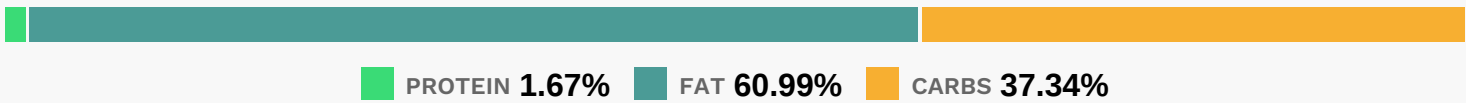
Equipment

☐ blender

Directions

☐ Process first 8 ingredients in a blender until smooth. With blender running, add canola oil in a slow, steady stream, processing until smooth.

Nutrition Facts



Properties

Glycemic Index:23.41, Glycemic Load:2.74, Inflammation Score:-1, Nutrition Score:0.94260871054038%

Flavonoids

Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 50.13kcal (2.51%), Fat: 3.42g (5.27%), Saturated Fat: 0.25g (1.59%), Carbohydrates: 4.72g (1.57%), Net Carbohydrates: 4.46g (1.62%), Sugar: 4.04g (4.49%), Cholesterol: 0mg (0%), Sodium: 128.62mg (5.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.21g (0.42%), Vitamin K: 5.19µg (4.94%), Vitamin E: 0.6mg (4.01%), Manganese: 0.05mg (2.45%), Vitamin C: 1.13mg (1.37%), Fiber: 0.26g (1.02%)