

Versatile Vinaigrette



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



22 kcal

SIDE DISH

Ingredients

- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 2 teaspoons cornstarch
- ☐ 1 tablespoon olive oil extravirgin
- ☐ 2 tablespoons red wine vinegar
- ☐ 0.3 teaspoon salt
- ☐ 1 teaspoon sugar
- ☐ 1 cup vegetable stock

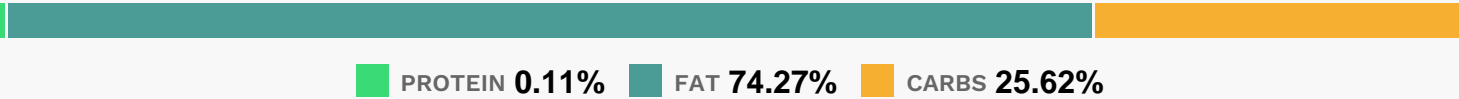
Equipment

- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Combine broth and cornstarch in a small saucepan, stirring with a whisk. Bring broth mixture to a boil over medium heat; cook 1 minute, stirring constantly.
- ☐ Remove from heat, and stir in the remaining ingredients. Cover and chill. Stir before using.
- ☐ Note: Store remaining vinaigrette in refrigerator for up to a week.
- ☐ Add 2 teaspoons Dijon mustard to broth mixture with red wine vinegar and remaining ingredients.
- ☐ Add 2 teaspoons bottled minced roasted garlic to broth mixture with red wine vinegar and remaining ingredients.
- ☐ Cumin-Lime Vinaigrette: Omit vinegar.
- ☐ Add 3 tablespoons fresh lime juice and 1/4 teaspoon ground cumin to broth mixture with oil and remaining ingredients.

Nutrition Facts



Properties

Glycemic Index:18.39, Glycemic Load:0.52, Inflammation Score:-1, Nutrition Score:0.21086956099%

Nutrients (% of daily need)

Calories: 21.56kcal (1.08%), Fat: 1.75g (2.7%), Saturated Fat: 0.24g (1.51%), Carbohydrates: 1.36g (0.45%), Net Carbohydrates: 1.35g (0.49%), Sugar: 0.75g (0.83%), Cholesterol: 0mg (0%), Sodium: 190.56mg (8.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.01g (0.01%), Vitamin E: 0.25mg (1.68%), Vitamin A: 62.74IU (1.25%), Vitamin K: 1.1µg (1.05%)