



Vinaigrette

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



5 min.

SERVINGS



4

CALORIES



63 kcal

SIDE DISH

Ingredients

- 1 clove garlic crushed
- 0.5 cup red wine vinegar
- 2 teaspoons salt
- 0.5 cup vegetable oil
- 2 teaspoons sugar white

Equipment

Directions

In a jar with a tight fitting lid, combine vinegar, oil, garlic, sugar, and salt. Shake well.

Nutrition Facts

PROTEIN 0.41% **FAT 83.77%** **CARBS 15.82%**

Properties

Glycemic Index:25.02, Glycemic Load:1.47, Inflammation Score:-1, Nutrition Score:0.79434784582776%

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: 62.67kcal (3.13%), Fat: 5.46g (8.4%), Saturated Fat: 0.83g (5.2%), Carbohydrates: 2.32g (0.77%), Net Carbohydrates: 2.31g (0.84%), Sugar: 2g (2.23%), Cholesterol: 0mg (0%), Sodium: 1165.28mg (50.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.06g (0.12%), Vitamin K: 10.04µg (9.56%), Vitamin E: 0.45mg (2.98%), Manganese: 0.03mg (1.47%)