



White Balsamic Vinaigrette



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



10 min.

SERVINGS



4

CALORIES



77 kcal

SIDE DISH

Ingredients



1 teaspoon penzey's southwest seasoning italian



0.5 cup olive oil extra-virgin



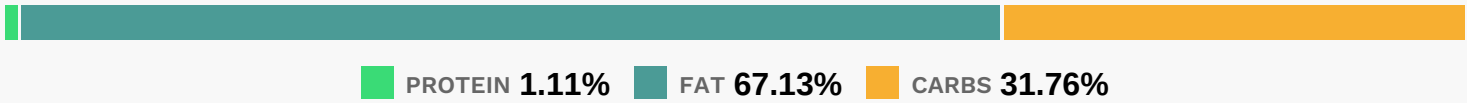
0.5 cup balsamic vinegar white

Equipment

Directions

Combine olive oil, vinegar, and Italian seasoning in a jar; cover with a lid and shake vigorously until mixed.

Nutrition Facts



Properties

Glycemic Index:13.75, Glycemic Load:2.72, Inflammation Score:-1, Nutrition Score:1.1013043406217%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg

Nutrients (% of daily need)

Calories: 77.11kcal (3.86%), Fat: 5.42g (8.34%), Saturated Fat: 0.75g (4.71%), Carbohydrates: 5.77g (1.92%), Net Carbohydrates: 5.56g (2.02%), Sugar: 4.79g (5.32%), Cholesterol: 0mg (0%), Sodium: 7.56mg (0.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.2g (0.4%), Vitamin K: 6.36µg (6.06%), Vitamin E: 0.87mg (5.79%), Manganese: 0.07mg (3.34%), Iron: 0.44mg (2.47%), Calcium: 16.65mg (1.66%), Magnesium: 5.18mg (1.29%), Potassium: 42.05mg (1.2%)