



Yogurt-Basil Vinaigrette

 Vegetarian  Gluten Free

READY IN



5 min.

SERVINGS



5

CALORIES



123 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.5 cup yogurt plain fat-free
- ☐ 2 tablespoons basil fresh chopped
- ☐ 1 tablespoon honey
- ☐ 0.3 cup olive oil
- ☐ 0.1 teaspoon pepper
- ☐ 2 tablespoons red wine vinegar
- ☐ 0.5 teaspoon salt

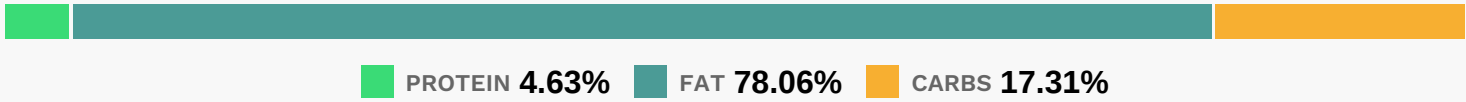
Equipment

whisk

Directions

- Whisk together all ingredients.
- Serve immediately, or cover and chill up to 8 hours. If chilled, let stand at room temperature 30 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:30.85, Glycemic Load:1.82, Inflammation Score:-1, Nutrition Score:2.1656521526368%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 123.41kcal (6.17%), Fat: 10.85g (16.69%), Saturated Fat: 1.52g (9.5%), Carbohydrates: 5.41g (1.8%), Net Carbohydrates: 5.38g (1.96%), Sugar: 5.33g (5.93%), Cholesterol: 0.49mg (0.16%), Sodium: 252.32mg (10.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.45g (2.9%), Vitamin E: 1.56mg (10.41%), Vitamin K: 9.95µg (9.48%), Calcium: 51.26mg (5.13%), Phosphorus: 39.64mg (3.96%), Vitamin B2: 0.06mg (3.51%), Vitamin B12: 0.15µg (2.49%), Potassium: 70.18mg (2.01%), Zinc: 0.26mg (1.71%), Vitamin B5: 0.16mg (1.62%), Magnesium: 5.58mg (1.4%), Selenium: 0.92µg (1.32%), Manganese: 0.02mg (1.18%)