



Healthdor

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Balsamic Dressing ♦

A tangy and flavorful dressing made with balsamic vinegar.

Recipe Type: Standard

Prep Time: 5 mins

Cook Time: N/A

Total Time: 5 mins

Recipe Yield: 200 grams

Number of Servings: 10

Serving Size: 20 g

Ingredients

6 tbsp	balsamic vinegar
4 tbsp	olive oil
1 teaspoon	dijon mustard
1 teaspoon	honey
1 clove	garlic

1
teaspoon

Salt

0.5
teaspoon

Black pepper

Directions

Step 1

Whisking

In a small bowl, whisk together balsamic vinegar, olive oil, Dijon mustard, honey, minced garlic, salt, and black pepper.

Prep Time: 5 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 43 kcal

Fat: 4 g

Protein: 0 g

Carbohydrates: 2 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	0 g	0%	0%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	2 g	3.64%	4%
Fibers	0 g	0%	0%
Sugars	2 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	2 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	4 g	14.29%	16%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	0 iu	0%	0%
Vitamin C	0 mg	0%	0%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	0 mg	0%	0%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	160 mg	6.96%	6.96%
Calcium	0 mg	0%	0%
Iron	0 mg	0%	0%
Potassium	0 mg	0%	0%
Zinc	0 mg	0%	0%
Selenium	0 mcg	0%	0%

Recipe Attributes

Events

Christmas

Cuisines

Italian

Course

Snacks

Sauces & Dressings

Cooking Method

Steaming

Microwaving

Simmering

Cooking

None

Meal Type

Lunch

Snack

Supper

Difficulty Level

Easy

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