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Balsamic Vinaigrette

Balsamic vinaigrette is a classic salad dressing made with balsamic vinegar, olive oil, mustard, garlic, and herbs. It is commonly used to dress salads and can also be used as a marinade for meats and vegetables. This recipe yields a tangy and flavorful vinaigrette that is perfect for adding a burst of flavor to your dishes.

Recipe Type: Standard

Prep Time: 10 mins

Cook Time: N/A

Total Time: 10 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 clove	garlic

1 Dried Oregano
teaspoon

1 Salt
teaspoon

0.5 Black pepper
teaspoon

Directions

Step 1

Whisking

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

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Taste and adjust the seasoning if necessary.

Prep Time: 0 mins

Cook Time: 0 mins

Step 3

Refrigerating

Serve immediately or store in an airtight container in the refrigerator for up to 1 week.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 120 kcal

Fat: 14 g

Protein: 0 g

Carbohydrates: 1 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	1 g	1.82%	2%

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

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	7 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	14 g	50%	56%
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	240 mg	10.43%	10.43%
Calcium	0 mg	0%	0%
Iron	2 mg	25%	11.11%
Potassium	0 mg	0%	0%
Zinc	0 mg	0%	0%
Selenium	0 mcg	0%	0%

Recipe Attributes

Seasonality

Summer Fall

Events

Barbecue Game Day

Cuisines

Italian Mexican

Course

Salads Sauces & Dressings

Cultural

Chinese New Year Cinco de Mayo Hanukkah Passover Thanksgiving
Christmas Easter Halloween

Cost

Under \$10

\$10 to \$20

\$20 to \$30

\$30 to \$40

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Easy

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