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## Balsamic Vinaigrette

Balsamic vinaigrette is a classic salad dressing made with balsamic vinegar, olive oil, and other seasonings. 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 easy to make and versatile.

**Recipe Type:** Standard

**Prep Time:** 10 mins

**Cook Time:** N/A

**Total Time:** 10 mins

**Recipe Yield:** 250 grams

**Number of Servings:** 10

**Serving Size:** 25 g

### Ingredients

125 ml	Balsamic Vinegar
125 ml	Olive oil
2 tsp	dijon mustard
2 tsp	honey

1 cloves	garlic
0.5 tsp	Salt
0.25 tsp	Black pepper

## Directions

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### Step 1

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

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 2

#### Whisking

Slowly drizzle in the olive oil while whisking continuously until the vinaigrette is emulsified and well combined.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Nutrition Facts

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**Calories:** 120 kcal

**Fat:** 10 g

**Protein:** 0 g

**Carbohydrates:** 5 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	5 g	9.09%	10%
Fibers	0 g	0%	0%
Sugars	4 g	N/A	N/A
Lactose	0 g	N/A	N/A

### Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	9 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	10 g	35.71%	40%
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	200 mg	8.7%	8.7%
Calcium	0 mg	0%	0%
Iron	0 mg	0%	0%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Potassium	0 mg	0%	0%
Zinc	0 mg	0%	0%
Selenium	0 mcg	0%	0%

## Recipe Attributes

### Seasonality

Summer Fall

### Events

Game Day

### Course

Sauces & Dressings Salads

### Healthy For

Hepatitis Colorectal cancer Liver disease Gastroparesis Diverticulitis

Gastroesophageal reflux disease (GERD)

### Cooking Method

Boiling Steaming Saut eing Roasting Serving Cooking None  
Stir-frying Mashing

### Meal Type

Lunch Dinner Snack

### Difficulty Level

Easy

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