



Healthdor

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Vinaigrette ••

A tangy dressing made with oil, vinegar, and seasonings, used to enhance the flavor of salads or other 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

150 ml	Olive oil
50 ml	Balsamic Vinegar
2 tsp	dijon mustard
1 tsp	Honey
1 cloves	garlic
0.5 tsp	Salt

0.25 Black pepper
tsp

Directions

Step 1

Whisking

In a small bowl, whisk together the olive oil, balsamic vinegar, Dijon mustard, honey, minced garlic, 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 refrigerate until ready to use.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 40 kcal

Fat: 4 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%
Fibers	0 g	0%	0%
Sugars	1 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	3 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	60 mg	2.61%	2.61%
Calcium	0 mg	0%	0%

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

Recipe Attributes

Seasonality

Summer Fall

Events

Christmas Game Day

Cuisines

Italian Indian Mexican French Vietnamese American Middle Eastern

Meal Type

Breakfast Brunch Lunch Dinner Snack

Nutritional Content

Low Calorie Low Fat

Course

Sauces & Dressings Salads

Difficulty Level

Easy

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