



Healthdor

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Vinegar Recipe ♦

This recipe uses vinegar as a key ingredient to add a tangy flavor to the dish. It is a versatile recipe that can be used in various dishes such as salads, marinades, and dressings. The vinegar enhances the taste and adds a unique twist to the dish. Try this recipe to experience the magic of vinegar in your cooking.

Recipe Type: Standard

Prep Time: 10 mins

Cook Time: N/A

Total Time: 10 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

250 ml	vinegar
50 ml	olive oil
2 cloves	garlic
1 tsp	Salt

0.5 tsp Pepper

1 tsp Sugar

Directions

Step 1

Mixing

In a mixing bowl, combine vinegar, olive oil, minced garlic, salt, pepper, and sugar.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Whipping

Whisk the ingredients together until well combined.

Prep Time: 2 mins

Cook Time: 0 mins

Step 3

Taste and adjust the seasoning as needed.

Prep Time: 1 mins

Cook Time: 0 mins

Step 4

Refrigerating

Use immediately or store in a sealed container in the refrigerator for up to a week.

Prep Time: 2 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 45 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	1 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%

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

Recipe Attributes

Seasonality

Fall

Kitchen Tools

Slow Cooker

Blender

Cuisines

Italian

Middle Eastern

Diet

Anti-Inflammatory Diet

Course

Appetizers

Salads

Sauces & Dressings

Cultural

Chinese New Year

Events

Picnic

Nutritional Content

Low Calorie

Cooking Method

Frying

Baking

Boiling

Steaming

Microwaving

Blanching

Sautéing

Roasting

Meal Type

Brunch

Supper

Difficulty Level

Medium

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