



Healthdor

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## Oil and Vinegar Blend ♦♦

A versatile oil and vinegar blend that can be used as a dressing, marinade, or sauce.

**Recipe Type:** Standard

**Prep Time:** 5 mins

**Cook Time:** N/A

**Total Time:** 5 mins

**Recipe Yield:** 250 grams

**Number of Servings:** 10

**Serving Size:** 25 g

### Ingredients

200 ml Olive oil

50 ml Balsamic Vinegar

### Directions

#### Step 1

Mixing

In a small bowl, combine the olive oil and balsamic vinegar.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 120 kcal

**Fat:** 14 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)
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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	14 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
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	0 mg	0%	0%
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

### Cuisines

Italian

### Course

Salads

Sauces & Dressings

### Cultural

Chinese New Year

### Cost

\$10 to \$20

### Demographics

Teen Friendly

Heart Healthy

### Diet

Mediterranean Diet

Flexitarian Diet

Atkins Diet

Vegetarian Diet

Ovo-Vegetarian Diet

Lacto-Vegetarian Diet

Lacto-Ovo Vegetarian Diet

Blood Type Diet

Anti-Inflammatory Diet

Gluten-Free Diet

Low Glycemic Index Diet

Nutrient Timing Diet

The Gerson Therapy

### Meal Type

Dinner

Snack

Supper

### Difficulty Level

Easy

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