Mustard Vinaigrette

Source: Food for Life by Neal Barnard, MD; recipe by Jennifer Raymond, MS, RD

Try putting this vinaigrette on a simple salad!

About the Recipe

3 Calories · 0.1 g Protein · 0 g Fiber
Sauce/Dressing/Topping

Ingredients

Makes Servings

- 8 tbsp (120 mL) seasoned rice vinegar
- 1 tsp (5 mL) mustard
- 1 clove garlic

Directions

1. Press or mince the garlic and whisk all ingredients together.
2. Use as a dressing for salads and for steamed vegetables.

Nutrition Facts

Per tablespoon:

Calories: 3

Fat: 0 g

Saturated Fat: 0 g

Calories From Fat: 12.1%

Cholesterol: 0 mg

Protein: 0.1 g

Carbohydrate: 0.9 g

Sugar: 0.1 g

Fiber: 0 g

Sodium: 16 mg

Calcium: 1 mg

Iron: 0 mg

Vitamin C: 0.1 mg

Beta-Carotene: 0 mcg

Vitamin E: 0 mg