Balsamic Vinaigrette

Source: Healthy Eating for Life to Prevent and Treat Cancer by Vesanto Melina, MS, RD; recipe by Jennifer Raymond, MS, RD

The mellow flavor of balsamic vinegar is delicious on salads.

About the Recipe

17 Calories · 0.2 g Protein · 0.1 g Fiber
Sauce/Dressing/Topping

Ingredients

Makes Servings

- 2 tbsp (30 mL) balsamic vinegar
- 2 tbsp (30 mL) seasoned rice vinegar
- 1 tbsp (15 mL) ketchup
- 1 tsp (5 mL) stone-ground mustard
- 1 clove garlic, pressed

Directions

1. Whisk vinegars, ketchup, mustard, and garlic together.

Nutrition Facts

Per tablespoon

Calories: 17
Fat: 0.1 g
Saturated Fat: 0 g
Calories from Fat: 3

Cholesterol: 0 mg
Protein: 0.2 g
Carbohydrates: 3.8 g
Sugar: 3.3 g
Fiber: 0.1 g
Sodium: 175 mg
Calcium: 4 mg
Iron: 0.1 mg
Vitamin C: 0.8 mg
Beta-Carotene: 22 mcg
Vitamin E: 0.1 mg