

# 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