

# Mustard Vinaigrette

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

## About the Recipe

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

## Ingredients

### *Makes Servings*

- seasoned rice vinegar (1/2 cup)
- stone-ground or dijon mustard (1 tsp.)
- garlic, pressed (1 clove)

## Directions

1. Whisk all ingredients together.
2. Use as a dressing for salads and for steamed vegetables. &nbsp;

## 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

**Carbohydrates:** 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