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.

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