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

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