



A Nutrition Resource

VINAIGRETTE DRESSING VARIATIONS

Yield: 5 Servings | Serving Size: 2 Tablespoons

Cost/Serving: \$0.06

Ingredients:

Try these combinations or create your own!

Basic Vinaigrette:

- 6 Tablespoons oil
- 4 Tablespoons apple cider vinegar
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper

Italian Vinaigrette: add these ingredients to the Basic Vinaigrette

- 1 teaspoon garlic powder
- 1 teaspoon Italian seasoning
- 1 pinch of crushed red pepper flakes (optional)

Honey Mustard Vinaigrette: Add these ingredients to the Basic Vinaigrette

- 1 teaspoon Dijon or spicy brown mustard
- 2 teaspoons honey

Directions:

- 1) Collect and measure all ingredients before starting to prepare the recipe.
- 2) Combine all ingredients in a small container with a lid and shake well or combine in a small bowl and whisk until smooth.
- 3) Allow to stand for 10 minutes so flavors blend together.
- 4) Store for up to 2 weeks in a sealed container in the refrigerator
- 5) Contents may separate when stored. Shake or stir to re-mix before using.

Nutrition Facts

5 servings per container

Serving size 2 Tablespoons (29g)

Amount Per Serving	
Calories 140	
% Daily Value*	
Total Fat 16g	21%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 115mg	5%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 0g	0%
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0mg	0%
Potassium 0mg	0%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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- 5) Contents may separate when stored. Shake or stir to re-mix.

Note: Nutrition Facts are for Basic Vinaigrette.

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