



Homemade Salad Dressing: Balsamic Vinaigrette

This is a quick and easy recipe to whip up for the oil and vinegar lovers at your table. This simple vinaigrette can be drizzled over salad or grilled vegetables to help maximize flavour and the absorption of vitamins and minerals.

Prep: 5 minutes • Total: 5 minutes

Ingredients:

Garlic, minced	1 clove	1 clove
Italian seasoning, dried	1 tsp	5 mL
Olive oil	¼ cup	60 mL
Balsamic vinegar	½ cup	125 mL
Dijon mustard	2 Tbsp	15 mL
Salt and pepper	Pinch	¼ tsp

Directions:

1. Combine all ingredients in a small container and shake until blended.
2. Refrigerate and use as needed. Flavours will intensify the longer it sits.

Nutrition Facts

Serving Size (27g)

Servings Per Container

Amount Per Serving

Calories 80 Calories from Fat 60

% Daily Value*

Total Fat 7g **11%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 100mg **4%**

Total Carbohydrate 4g **1%**

Dietary Fiber 0g **0%**

Sugars 2g

Protein 0g

Vitamin A 0% • Vitamin C 0%

Calcium 0% • Iron 0%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Adapted from: NutritionRx in partnership
with Chef Lindsay Sferrazza

Makes 8 servings (27g/serving) • 1 serving = 2 Tbsp of dressing

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