

Vinaigrette

Sweet Balsamic Vinaigrette



Ingredients

1/4 cup balsamic vinegar
1/4 cup onion, chopped
1 1/2 tsp low sodium soy sauce
1 Tbsp honey
2 cloves garlic, minced
1/4 tsp crushed red pepper flakes
1/4 cup olive oil

Instructions

Place the vinegar, onion, soy sauce, honey, garlic and red pepper flakes into a bowl and whisk. Gradually add the olive oil to incorporate.

Nutrition Information Per Serving

Serving Size: 2 Tbsp

6 Servings

Calories: 110

Fat: 9 gm

Sodium: 50 mg

Fiber: <1 gm

Carbohydrates: 6 gm

Protein: 0

Sugar: 5 gm