



Balsamic vinaigrette

5'
Hands on

180 g
Portion(s)

1
Difficulty



Method

- In a bowl add the mustard, the honey, salt, pepper, the balsamic vinegar, and whisk.
- Add the sunflower oil very slowly, whisking constantly until the dressing thickens.
- Alternatively, add all the ingredients into a bowl and beat them with an immersion blender until homogenized.

Ingredients

- 1 tablespoon(s) mustard, mild
- 1 tablespoon(s) honey
- salt
- pepper
- 50 g balsamic vinegar
- 100 g sunflower oil

Διατροφικός πίνακας

Nutrition information per 100 gr.

551 Calories (kcal)	54.0 Total Fat (g)	6.4 Saturated Fat (g)	16.0 Total Carbs (g)
28%	77%	32%	6%
14.0 Sugars (g)	0.7 Protein (g)	0.0 Fibre (g)	1.2 Sodium (g)
16%	1%	0%	20%