



Dijon Mustard Vinaigrette Salad Dressing



Ingredients

- 1/3 cup olive oil
- 3 tablespoons balsamic vinegar
- 2 teaspoon dijon mustard

Estimated Time: 5 mins

Nutrition Per Serving

4 Servings (2 Tbsp per serving)

Calories	162
Protein	0.1g
Total Carbohydrates	2g
Net	2g
Sugar	1.8g
Fiber	0g
Total Fat	17g
Saturated Fat	2.3g
Polyunsaturated Fat	1.7g
Monounsaturated Fat	12.2g
Trans Fat	0g
Cholesterol	0mg
Minerals	
Sodium	61mg
Potassium	14mg
Phosphorus	2.3mg
Calcium	3.4mg

Directions

1. In a small jar, combine olive oil, balsamic vinegar and dijon mustard.
2. Cover the jar with secure lid and shake well.
3. Keep the dressing refrigerated for up to 2 weeks.

Disclaimer: Please be advised that some of these foods may contain wheat/gluten, milk, eggs, peanuts, tree nuts, fish, shellfish, soy or other foods that may cause allergic reactions in some people. Please contact your healthcare provider if you are concerned about food allergies or other food-related reactions such as food sensitivities.

Recipe provided by
Chef Duane