

BASIC BALSAMIC VINAIGRETTE



Serving Size: 2 tablespoons

Ingredients

- 3/4 cup balsamic vinegar
- 1/2 cup water
- 1/4 cup olive oil
- 1 tbsp Honey
- 1 tsp Dijon mustard
- 1/4 tsp salt
- 1/4 tsp ground black pepper



Nutrition Facts	
14 servings per container	
Serving Size	(28.3g)
Amount Per Serving	
Calories	50
	<small>% Daily Value *</small>
Total Fat 4g	5%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 85mg	4%
Total Carbohydrate 4g	1%
Dietary Fiber 0g	0%
Total Sugars 3g	
Includes 1g Added Sugars	2%
Protein 0g	0%
Vit. D 0mcg 0%	Calcium 10mg 1%
Iron 0.1mg 1%	Potas. 20mg 0%
<small>* 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.</small>	

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Preparation



- In a container with a tightly closed lid, add all of the ingredients listed.
- Close the lid tightly, and shake it until all the ingredients are well combined.
- Alternatively, combine all ingredients in a liquid measuring cup or small bowl and whisk to combine; then transfer to a container with a lid.
- Keep refrigerated and use 2 tablespoons for each salad serving throughout the week.

VINAGRETA BALSÁMICA BÁSICA



Tamaño de la porción: 2 cucharadas

Ingredientes

- 3/4 taza de vinagre balsámico
- 1/2 taza de agua
- 1/4 taza de aceite de oliva
- 1 cucharada de miel
- 1 cucharadita de mostaza de Dijon
- 1/4 cucharadita de sal
- 1/4 cucharadita de pimienta negra molida



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recetas en nuestro canal de YouTube!



Preparación



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- En un recipiente con tapa bien cerrada, agregue todos los ingredientes enumerados.
- Cierre la tapa herméticamente y agítela hasta que todos los ingredientes estén bien combinados.
- Alternativamente, combine todos los ingredientes en una taza medidora líquida o tazón pequeño y bata para combinar; Luego transfiera a un recipiente con tapa.
- Manténgalo refrigerado y use 2 cucharadas para cada ensalada durante la semana.