

Red Wine Vinaigrette

Yield: 24 servings

Gluten-free
Dairy-free

RECIPE CUSTOMIZATION

To make it low-FODMAP, omit garlic and swap onion for green part of green onions or chives

Ingredients

6 oz red wine vinegar
3 oz Dijon mustard
6 cloves garlic
1½ shallots
2 Tbsp salt, kosher
1 Tbsp black pepper
2¼ cups olive oil

Directions

1. Place red wine vinegar (6 oz), Dijon mustard (3 oz), garlic (6 cloves), shallots, salt (2 Tbsp), and pepper (1 Tbsp) in the bowl of a blender or food processor.
2. Blend until the onion and garlic are chopped finely.
3. With the blender still running, slowly pour in olive oil (2¼ cups) until it has emulsified and the mixture has become smooth and slightly thick.



Share your healthy eats
with us @Wellbeats



Red Wine Vinaigrette

Nutrition Facts

Serving size 1 (1.3oz)

Amount Per Serving **36g**

Calories **186**

% Daily Value

Total Fat 20.4g **31%**

Saturated Fat 2.8g **14%**

Cholesterol 0mg **0%**

Sodium 622mg **26%**

Total Carbohydrate 1g **0%**

Dietary Fiber 0g **1%**

Sugars 0g

Protein 0g **1%**

Vitamin A **0%**

Vitamin C **1%**

Calcium **1%**

Iron **2%**