

# 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.



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### NUTRITION FACTS

Serving size 1 (1.3oz)

Amount Per Serving	36g
<b>Calories</b>	<b>186</b>
	<b>% Daily Value</b>
<b>Total Fat</b> 20.4g	<b>31%</b>
Saturated Fat 2.8g	<b>14%</b>
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 622mg	<b>26%</b>
<b>Total Carbohydrate</b> 1g	<b>0%</b>
Dietary Fiber 0g	<b>1%</b>
Sugars 0g	
<b>Protein</b> 0g	<b>1%</b>
Vitamin A	<b>0%</b>
Vitamin C	<b>1%</b>
Calcium	<b>1%</b>
Iron	<b>2%</b>