Balsamic Viniagrette

Yield 8

Portion Size: 2 Tbsp

AMT	UNIT	INGREDIENTS	
0.25	cup	Balsamic vinegar	74 g
1	item	garlic clove,chopped	5 g
0.5	tsp	black pepper, ground	1 g
0.75	cup	olive oil	155 g

PROCEDURES

Mix all ingredients together in a blender.

Recipe Nutrition Summary	Yield:	8 (1.000 serving(s))				
Ingredients						
74.000 g STAR Vinegar, Balsamic						
5.000 g Garlic Clove						
1.000 g Pepper, Black, Ground						
155.000 g Oil, Olive						
Macronutrients				**Percentage of Kcals**		
Kilocalories		175.603	kcal			
Protein		0.053	g	Protein	0.1%	
Carbohydrate		1.520	g	Carbohydrate	3.4%	
Fat, Total		19.382	g	Fat, total	96.5%	
Alcohol		0.000	g	Alcohol	0.0%	
Cholesterol		0.000	mg			
Saturated Fat		2.678	g			
Monounsaturated Fat		14.137	g			
Polyunsaturated Fat		2.042	g			
Trans Fatty Acid		0.000	g			
Sugar, Total			g			
Dietary Fiber, Total		0.045	g			
Sugar, Total		1.240	g			
Vitamins & Minerals						
Sodium		0.519	mg	Phosphorus	1.154	mg
Potassium		4.361	mg	Magnesium	0.370	mg
Vitamin A (RE)		0.043	RE	Zinc	0.009	mg
Vitamin C		0.195	mg	Copper	0.004	mg
Calcium		1.879	mg	Manganese	0.026	mg
Iron		0.131	mg	Selenium	0.095	µg
Vitamin D (ug)		0.000	µg	Chromium	0.000	mg
Thiamin		0.001	mg			
Riboflavin		0.001	mg			
Niacin		0.006	mg			
Pyridoxine (Vitamin B6)		0.008	mg			
Folate (Total)		0.040	µg			
Cobalamin (Vitamin B12)		0.000	µg			
Pantothenic Acid		0.005	mg			
Vitamin K		11.879	µg			

MEALS on WHEELS SAN DIEGO COUNTY

Balsamic Vinaigrette

Ingredient	50 Servings	100 Servings	150 Servings	200 Servings
0.250 c. PROGRESSO Balsamic Vinegar	1 1/2 cups	3 cups	1 qt + 2/3 cup	1 qt + 2 cups
0.750 c. Oil, Olive	1.172 quart(s)	2.344 quart(s)	3.516 quart(s)	1.172 gallon(s)
5.000 g Garlic Clove	31.250 gram(s)	62.500 gram(s)	93.750 gram(s)	125.000 gram(s)
1.000 g Pepper, Black, Ground	6.250 gram(s)	12.500 gram(s)	18.750 gram(s)	25.000 gram(s)

Ingredient	250 Servings	300 Servings	350 Servings	400 Servings
0.250 c. PROGRESSO Balsamic Vinegar	1 qt + 3, 3/4 cups	2 qt + 1, 1/3 cup	2 qts + 3 cups	3 qts + 1/2 c
0.750 c. Oil, Olive	1 g + 1 qt + 1,1/2 c	1 g + 3 qt	2 g + 3/4 c + 1 T	2 g + 1, 1/3 c
5.000 g Garlic Clove	156.250 gram(s)	187.500 gram(s)	218.750 gram(s)	250.000 gram(s)
1.000 g Pepper, Black, Ground	31.250 gram(s)	37.500 gram(s)	43.750 gram(s)	50.000 gram(s)

Ingredient	450 Servings	500 Servings	550 Servings	600 Servings
0.250 c. PROGRESSO Balsamic Vinegar	3 qts + 2 c.	3 qts + 3, 2/3 c	1 g + 1 c + 3 T	1 g + 2, 3/4 c
0.750 c. Oil, Olive	2 g + 2 qts + 2 c	2 g + 3 qt + 3 c	3 g + 3, 1/2 c	3 g + 2 qt + 1/4 c
5.000 g Garlic Clove	281.250 gram(s)	312.500 gram(s)	343.750 gram(s)	375.000 gram(s)
1.000 g Pepper, Black, Ground	56.250 gram(s)	62.500 gram(s)	68.750 gram(s)	75.000 gram(s)

Ingredient	650 Servings	700 Servings	750 Servings	800 Servings
0.250 c. PROGRESSO Balsamic Vinegar	1 g + 4, 1/3 c	1 g + 5, 3/4 c + 2 T	1 g + 2 qts	1 g + 1 qt + 1 c.
0.750 c. Oil, Olive	3 g + 3 qt + 1 c	4 g + 1, 2/3 c	4 g + 1 qt + 2, 1/3 c	4 g + 2 qt + 3 c
5.000 g Garlic Clove	406.250 gram(s)	437.500 gram(s)	468.750 gram(s)	500.000 gram(s)
1.000 g Pepper, Black, Ground	81.250 gram(s)	87.500 gram(s)	93.750 gram(s)	100.000 gram(s)