AMERICAN · SAUCE

Classic Balsamic Vinaigrette with Dijon

5 min · Makes 6 × 2 tbsp · 179 kcal a portion · Video 3:43 · Cooking with Coit

Vegetarian · Gluten-free ingredients · Dairy-free · Nut-free

Mostly olive oil, so the fat is largely unsaturated, and just 1 tbsp of honey sweetens the whole batch: about 3 g of added sugar a portion.

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Ingredients

7 · MAKES 6 × 2 TBSP

- [ ] 1 clove **garlic**, minced
- [ ] 120 ml **olive oil**
- [ ] 3 tbsp **balsamic vinegar**
- [ ] 1 tbsp **honey**
- [ ] 2 tsp **Dijon mustard**
- [ ] ½ tsp **salt** (¼ tsp for less salty)
- [ ] ¼ tsp **black pepper**

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Contains: none of the common allergens in the listed ingredients. Check labels on stock, sauces and spice mixes.

Method

TIMES = THE MOMENT IN THE VIDEO

1. Mince the garlic finely and put it in a mixing bowl. 0:29
2. Add the olive oil, balsamic vinegar, honey (a generous tablespoon, as some sticks to the spoon) and Dijon mustard. 0:46
3. Season with the salt and pepper, starting with ¼ tsp salt if you prefer it less salty. 2:24
4. Whisk until combined, or shake everything in a lidded jar, which doubles as storage in the fridge. Shake again before using. 2:42

> **Tip** Makes about 180 ml. Keeps up to 2 weeks in the fridge; the oil may set when cold, so let it warm up and shake before using. Maple syrup or agave makes it vegan, and avocado or grapeseed oil can replace the olive oil.

The method is a summary in our words — the video shows every step.

One portion (2 tbsp) gives you

1 OF 6 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
179 kcal	0.2 g	4.6 g	0.1 g	18 g	220 mg
750 kJ	0% of a day	4.5 g net · 4.1 g sugars	0% of a day	2.5 g saturated	9% of a day
		2% of a day		23% of a day	

Energy from net carbs 10% · protein 0% · fat 90% — low carb (under 26% of the energy from carbs)

Source of (10–19%) Vitamin E 17%

Recipe and video: Cooking with Coit (@cookingwithcoit) on YouTube — youtube.com/watch?v=Szdf8rnjOUs, published 15 September 2021. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/balsamic-vinaigrette-honey-dijon