

Garlicky Tomato-Basil Vinaigrette

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Servings: 12

Yield: 1 1/2 cups

2 Roma tomatoes, cut into quarters

1/2 cup chopped basil, loosely packed

2 cloves garlic, minced

1/2 cup extra-virgin olive oil

1/4 cup balsamic vinegar

2 teaspoons tomato paste

1/2 teaspoon coarse salt

In a food processor or blender, combine all of the ingredients.

Whirl until smooth.

Per Serving (excluding unknown items): 87 Calories; 9g Fat (91.2% calories from fat); trace Protein; 2g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 88mg Sodium. Exchanges: 1/2 Vegetable; 0 Fruit; 2 Fat.

Sauces

Per Serving Nutritional Analysis

Calories (kcal):	87
% Calories from Fat:	91.2%
% Calories from Carbohydrates:	7.6%
% Calories from Protein:	1.3%
Total Fat (g):	9g
Saturated Fat (g):	1g
Monounsaturated Fat (g):	7g
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	0mg
Carbohydrate (g):	2g
Dietary Fiber (g):	trace
Protein (g):	trace
Sodium (mg):	88mg
Potassium (mg):	70mg
Calcium (mg):	6mg

Vitamin B6 (mg):	trace
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	trace
Folacin (mcg):	4mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.00%

Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	1/2
Fruit:	0
Non-Fat Milk:	0

Iron (mg): trace
Zinc (mg): trace
Vitamin C (mg): 5mg
Vitamin A (i.u.): 218IU
Vitamin A (r.e.): 21 1/2RE

Fat: 2
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 12

Amount Per Serving

Calories 87 Calories from Fat: 79

% Daily Values*

Total Fat	9g	14%
Saturated Fat	1g	6%
Cholesterol	0mg	0%
Sodium	88mg	4%
Total Carbohydrates	2g	1%
Dietary Fiber	trace	1%
Protein	trace	

Vitamin A	4%
Vitamin C	8%
Calcium	1%
Iron	1%

* Percent Daily Values are based on a 2000 calorie diet.