SHOPPING LIST

Balsamic Vinaigrette

- Olive Oil
- Balsamic Vinegar
- Garlic
- Dijon Mustard

First, check off the items you already have at home.

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Lunch Labbers Present

SIDE DISHES

FIZZY'S LUNCH LAB

Balsamic Vinaigrette

VEGETARIAN	TIME	DIFFICULTY	MAKES
V		E	1
YES	Under 30 min.	Easy	Cup

YOU WILL NEED

½ cup olive oil

⅓ **cup** balsamic vinegar

1 garlic clove, minced

1 teaspoon Dijon mustard

DIRECTIONS

ATTENTION KIDS: Always cook with a grownup!

STEP 1: Combine ¼ cup of the oil, vinegar, garlic and mustard in a bottle, cover, and shake well. Add the remaining olive oil, cover and shake again. Keep refrigerated up to one month. If the oil separates from the vinegar, shake it vigorously. If it solidifies, leave out at room temperature and shake well before serving.

Nutrition Facts

Serving Size 1 Tablespoon (13g)
Servings Per Container

Amount Per Serving	
Calories 60	Calories from Fat 60
	% Daily Value*
Total Fat 7g	11%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 1g	0%
Dietary Fiber 0g	0%
Sugars 1g	
Protein 0g	
Vitamin A 0% • Vitamin C 0%	
Calcium 0% • Iron 0%	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower, depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4