



## Sweet Balsamic Dressing

**Yield: 4 servings**

### Ingredients

- ¼ cup aged balsamic vinegar
- 1½ tablespoons soy sauce,  
low sodium
- 1½ tablespoons maple syrup
- 2 teaspoons nutritional yeast
- 1 small fresh garlic clove
- ¾ teaspoon onion powder
- ½ teaspoon dried Italian seasoning
- ⅛ teaspoon ground black pepper

### Instructions

1. Place all ingredients in a blender and puree.

### Nutrition Information

**Serving Size:** 2 tablespoons

- Calories: 43
- Total Fat: 0 g
- Monounsaturated Fat: 0 g
- Polyunsaturated Fat: 0 g
- Saturated Fat: 0 g
- Sodium: 247 mg
- Total Carbohydrate: 9 g
- Dietary Fiber: 0.3 g
- Sugars: 7 g
- Protein: 1.2 g

Source: Spectrum Health

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