BASIL VINEGAR

INGREDIENTS:

- 1 cup basil leaves, crushed
- 2 cups white wine vinegar
- Basil sprigs, optional

DIRECTIONS:

1. Place crushed basil leaves in a sterilized pint jar.
2. Heat vinegar until simmering and pour over basil.
3. Cool to room temperature. Cover; and let stand in a cool, dark place for 24 hours.
4. Strain and discard basil. Pour into a sterilized jar or decorative bottle. Add a basil sprig if desired. Store in a cool, dark place.

Nutrition Facts

Serving Size 2 cups (522g)
Servings Per Container 1

Amount Per Serving

Calories 10	Calories from Fat 0
	% Daily Value*
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 0mg	**0%**
Total Carbohydrate 1g	**0%**
Dietary Fiber 1g	**4%**
Sugars 0g	
Protein 1g	

Vitamin A 45% • Vitamin C 15%

Calcium 8% • Iron 8%

*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

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