HERB VINEGAR

INGREDIENTS:

- 12 – 18 sprigs or leaves of fresh basil, oregano, tarragon, or another herb of your choice
- 1 1/4 cups white vinegar or white wine vinegar
- 1 garlic clove, optional

DIRECTIONS:

1. If desired, cut garlic in half and skewer with a toothpick. Place in glass jar or bottle.
2. Add herbs; set aside.
3. In a small saucepan, bring vinegar to a simmer (do not boil). Carefully pour into containers. Cool to room temperature.
4. Remove the garlic after 24 hours. Cover and store in a cool dry place.

Nutrition Facts

Serving Size 1 1/4 cups (303g)
Servings Per Container

Amount Per Serving

Calories 5	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 0g	**0%**
Sugars 0g	
Protein 0g	

Vitamin A 0%	• Vitamin C 2%
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

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