

I'm not robot!

Nutrition Facts	
Serving Size 1 Tbsp. (15mL)	
Servings Per Container About 23	
Amount Per Serving	
Calories 0	
	% Daily Value*
Total Fat 0g	0%
Sodium 0mg	0%
Total Carbohydrate 0g	0%
Protein 0g	0%
Not a significant source of dietary fiber, sugars, vitamin A, vitamin C, calcium, and iron.	
*Percent Daily Values are based on a 2,000 calorie diet.	

Nutritional Facts			
Serving Size: 1 Tbsp (15mL)			
Servings/container: 25			
Amount Per Serving			
Calories 40		Fat Cal 0	
		% Daily Value*	
Total Fat	0g		0%
Saturated Fat	0 g		0%
Trans Fat	0 g		
Sodium	5mg		0%
Total Carbs	10 g		4%
Dietary Fiber	0g		0%
Sugars	9 g		
Protein	0g		0%
Vitamin A	0%	Vitamin C	0%
Calcium	0%	Iron	2%
* Percent Daily Value are based on a 2000 calorie diet.			

Nutritional Facts		
Serving Size: 1 Tbsp (15mL)		
Amount Per Serving		
Calories	50	
	% Daily Value*	
Total Fat 0g	0%	
Saturated Fat 0 g	0%	
Trans Fat 0 g		
Sodium 0mg	0%	
Total Carbs 12 g	4%	
Dietary Fiber 0g	0%	
Sugars 11 g		
Protein 0g	0%	
Vitamin D 0mcg	0%	0%
Iron 0.3mg	0%	2%
	Calcium 9mg	Potas. 68mg

* Percent Daily Value are based on a 2000 calorie diet

Ingredients: Cooked grape must, naturally occurring sulfites.

Nutritional Facts			
Serving Size: 1 Tbsp (15mL)			
Servings/container: 25			
Amount Per Serving			
Calories	25	Fat Cal	0
% Daily Value*			
Total Fat	0g		0%
Saturated Fat	0 g		0%
Trans Fat	0 g		
Sodium	0mg		0%
Total Carbs	7 g		2%
Dietary Fiber	0g		0%
Sugars	6 g		
Protein	0g		0%
Vitamin A	0%	Vitamin C	0%
Calcium	0%	Iron	0%
* Percent Daily Value are based on a 2000 calorie diet			

Ingredients: Honey vinegar, honey, Serrano chiles

Nutrition Facts	
Serving Size 1 Tbsp (15ml)	
Servings per Container about 16	
Amount Per Serving	
Calories 60	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 14g	5%
Dietary Fiber 0g	0%
Sugars 11g	
Protein 0g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet.	

Organic balsamic vinegar nutrition information. Alessi white balsamic vinegar nutrition information. What is the healthiest balsamic vinegar.

Reviewed by Arefa Cassoobhoy, MD, MPH on August 17, 2020 Health Benefits Nutrition How to Use Balsamic Vinegar Balsamic delivers a rich taste while maintaining the acidic kick of vinegar. Commonly seen in glazes, dressings, and reductions, it’s a staple of Italian dishes and has long been recognized as a valuable supplement.For millennia, people have used balsamic vinegar to clean vegetables and aid in digestion. It has also long been favored for its complex taste, which can add rich flavor to a variety of dishes.Traditional balsamic vinegar comes from white Trebbiano grapes harvested in Modena, Italy. Harvest takes place as late in the season as possible, followed by slow fermentation and concentration in wooden casks. Classic balsamic may be aged for over a decade before being consumed. The production of commercial balsamic, however, is much faster, with many vinegar products ready after just a few months of aging.The European Union regulates the production of balsamic vinegar. Products that conform to EU standards receive the Protected Geographical Indication (PGI) label. Balsamic vinegar from Modena also includes the Protected Designation of Origin (PDO) label.Balsamic vinegar contains six percent acetic acid, which is slightly higher than the acetic acid rate in distilled and apple cider vinegar.Used medicinally through the ages, acetic acid is now recognized as a powerful antimicrobial. However, like any product containing acetic acid, balsamic vinegar should be consumed in moderation. Top health benefits associated with the acetic acid in balsamic vinegar include:Diabetes ManagementBalsamic is one of several types of vinegar thought to limit spikes in blood glucose levels. One study suggests that, if taken in moderation prior to eating, vinegar can help people with type 2 diabetes better manage their blood sugar. This study was only conducted on a small group, however, and more research will need to be done to be sure of these findings. Balsamic vinegar should not be used in place of a low-sugar diet or other recommendations from a doctor.Eliminating BacteriaThe acetic acid in balsamic vinegar may have an antimicrobial effect capable of minimizing the bacteria found on lettuce and other types of produce. Studies suggest that levels of Salmonella on vegetables such as arugula can be contained through exposure to vinegar.Balsamic vinegar is low on calories, which makes it a great way to add flavor to healthy dishes without adding fat or sodium.Balsamic vinegar is o a source of:CalciumPhosphorusPotassiumMagnesiumAcetic acidNutrients per ServingA one-tablespoon serving of balsamic vinegar contains:Things to Look Out ForIf used in excess, the acidic content of balsamic can lead to problems like enamel erosion or heartburn. The benefits can still be enjoyed when consumed in small amounts.Balsamic vinegar can be found in grocery stores, health food stores, and specialty shops. It typically comes in a dark-colored glass bottle. After purchasing, keep the vinegar in this bottle and store it somewhere cool and dry. Exposure to heat or light may harm the flavor.While many people associate balsamic vinegar with salad, it is versatile enough to include in a variety of recipes. Try these ideas to incorporate it into your daily diet.Blend into homemade hummus for a rich, tangy flavor.Combine with honey, garlic, and mustard to make a glaze for chicken.Drizzle over strawberries and serve with ice cream.Use as dressing in a romaine salad.Add to a pot of creamy tomato soup.Combine with mayonnaise and Italian seasoning to create a delicious condiment for sandwiches.Mix with olive oil and parmesan cheese when roasting broccoli.Dip hard aged cheese into a small bowl of balsamic to add flavor. © 2020 WebMD, LLC. All rights reserved. View privacy policy and trust info Main info: Balsamic vinegar 1 cup 224.4 Calories 43.4 g 0 g 1.2 g 0 g 0 mg 0 g 58.7 mg 38.1 g 0 g Report a problem with this food Report a problem with this food Note: Any items purchased after clicking our Amazon buttons will give us a little referral bonus. If you do click them, thank you! Balsamic vinegar retains most of the nutrients of the grapes from which it is made. Rich in minerals, balsamic vinegar contains healthy levels of calcium, iron, magnesium, phosphorus, potassium and manganese necessary to support a healthy daily value of good nutrients. Does Balsamic Vinegar Have Antioxidant Properties? Balsamic vinegar is loaded with antioxidants. Free radicals form in our bodies every day as a by-product of producing energy. Free radicals damage cell membranes and manifest themselves in terms of premature aging, hardening of arterial walls and cancer. Antioxidants from balsamic vinegar destroy these free radicals and prevent cells from being destroyed. Does Balsamic Vinegar Fight Cancer? Balsamic vinegar is formed from grapes that are known to contain a bioflavonoid called quercetin, which has antioxidant properties. Along with vitamin C, this antioxidant strengthens the immune system to fight cancer and other infectious diseases and inflammations. Balsamic vinegar also contains polyphenols which are anticancer agents. Will Consuming Balsamic Vinegar Lower My Heart Attack Risk? Balsamic vinegar is low in saturated fat and is believed to reduce cholesterol. Since it is low in sodium, it enhances heart health and reduces high blood pressure. Lowering blood pressure and cholesterol by consuming balsamic vinegar can have significant effects on reducing the risk of a heart attack. Can Balsamic Vinegar Help Control Diabetes? Research reveals that consumption of at least 5 teaspoons of balsamic vinegar a day enhances insulin sensitivity. The greater the insulin sensitivity, the better the diabetes control. Is Balsamic Vinegar a Natural Pain Reliever? In ancient times, folk healers used this vinegar to relieve people of their body pain. Moreover, they also used balsamic vinegar to treat wounds and infections. The anti-bacterial and anti-viral properties in the vinegar healed wounds. Does Balsamic Vinegar Help With Digestion? The polyphenols in balsamic vinegar stimulate the activity of the pepsin enzyme in the body. Pepsin is a digestive enzyme, which helps break proteins into smaller units (amino acids). These polyphenols also assist the intestine in absorbing amino acids quickly. Efficient amino acid absorption enables the body to utilize it for cell building, repair and other body maintenance work. Thus, balsamic vinegar aids the digestion process. Harness the nutritional power of balsamic vinegar! Explore Olive Oil & Beyond's quality dark aged balsamic vinegars and white balsamic vinegars in a wide variety of delicious flavors. NUTRITION FACTS Main info: Balsamic Vinegar Kirkland Signature 1 tbsp 30 Calories 7.0 g 0 g 0 g 0 mg 0 g 5 mg 6 g 0 g Report a problem with this food Report a problem with this food Note: Any items purchased after clicking our Amazon buttons will give us a little referral bonus. If you do click them, thank you! Printed from Select portion size: Nutrition Facts Portion Size16 g Amount Per Portion14 Calories % Daily Value * Total Fat 0g 0 % Sodium 3.7mg 0 % Total Carbohydrate 2.7g 1 % Sugar 2.4g Protein 0.1g 0 % Calcium 4.3mg 0 % Iron 0.1mg 1 % Potassium 18mg 0 % * The % Daily Value (DV) tells you how much a nutrient in a serving of food contribute to a daily diet. 2000 calories a day is used for general nutrition advice. Share by URL Download spreadsheet (CSV) Proteins and AminoacidsNutrientAmount DVProtein 0.08 g0 % OtherNutrientAmount DVAsh 0.06 gWater 12.23 g Vinegar, balsamic contains 14 calories per 16 g serving. This serving contains 0 g of fat, 0.1 g of protein and 2.7 g of carbohydrate. The latter is 2.4 g sugar and g of dietary fiber, the rest is complex carbohydrate. Vinegar, balsamic contains 0 g of saturated fat and mg of cholesterol per serving. 16 g of Vinegar, balsamic contains 0.00 mcg vitamin A, 0.0 mg vitamin C as well as 0.12 mg of iron, 4.32 mg of calcium, 18 mg of potassium. Vinegar, balsamic belong to 'Spices and Herbs' food category. Food propertiesSourceUSDA Standard referenceCategorySpices and Herbs Please let us know if you have any suggestions on how to make this website better. Vinegar, balsamic nutrition facts and analysis.. Daily values are based on a 2000 calorie a day diet. Recommended daily intake of essential aminoacids is provided for 180 lbs person. Actual daily nutrient requirements might be different based on your age, gender, level of physical activity, medical history and other factors. All data displayed on this site is for general informational purposes only and should not be considered a substitute of a doctor's advice. Please consult with your doctor before making any changes to your diet. Nutrition labels presented on this site is for illustration purposes only. Food images may show a similar or a related product and are not meant to be used for food identification. Nutritional value of a cooked product is provided for the given weight of cooked food. This page may contain affiliate links to products through which we earn commission used to support this website development and operations. Data from USDA National Nutrient Database. Contribute to this site | Contact webmaster NutritionValue.Org - Nutrition facts exposed Terms and Conditions | Privacy Policy Copyright 2022 NutritionValue.org All rights reserved

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