



## Agrodolce Dressing

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



3

CALORIES



240 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 3 tablespoons balsamic vinegar
- 0.8 teaspoon peppercorns black
- 0.8 cup cooking wine dry red
- 0.8 teaspoon rosemary leaves fresh chopped
- 2 teaspoons garlic minced
- 2 teaspoons juice of lime fresh
- 3 tablespoons olive oil extra-virgin
- 0.5 teaspoon salt

3 tablespoons sugar

## Equipment

bowl

frying pan

whisk

sieve

## Directions

Put 3 tablespoons sugar in a 1- to 1 1/2-quart pan; shake pan often over high heat (do not stir) until sugar is liquefied and amber colored, about 3 minutes.

Remove from heat and add 3/4 cup dry red wine and 3 tablespoons balsamic vinegar (mixture will bubble vigorously and sugar will harden). Return to high heat and add 2 teaspoons minced garlic, 3/4 teaspoon black peppercorns, 3/4 teaspoon chopped fresh or dried rosemary leaves, and 1/2 teaspoon salt. Stir often until caramelized sugar melts again and mixture is reduced to about 3/4 cup, about 5 minutes.

Let stand for at least 2 hours.

Pour through a fine strainer set over a small bowl.

Whisk in 3 tablespoons extra-virgin olive oil and 2 teaspoons fresh lime juice.

## Nutrition Facts

**PROTEIN 0.75%** **FAT 63.44%** **CARBS 35.81%**

## Properties

Glycemic Index:60.7, Glycemic Load:10.06, Inflammation Score:-3, Nutrition Score:2.1095652314632%

## Flavonoids

Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg Delphinidin: 2.51mg, Delphinidin: 2.51mg, Delphinidin: 2.51mg, Delphinidin: 2.51mg Malvidin: 15.74mg, Malvidin: 15.74mg, Malvidin: 15.74mg, Malvidin: 15.74mg Peonidin: 1.11mg, Peonidin: 1.11mg, Peonidin: 1.11mg, Peonidin: 1.11mg Catechin: 4.62mg, Catechin: 4.62mg, Catechin: 4.62mg, Catechin: 4.62mg Epicatechin: 6.4mg, Epicatechin: 6.4mg, Epicatechin: 6.4mg, Epicatechin: 6.4mg Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.3mg, Hesperetin: 0.3mg, Hesperetin: 0.3mg, Hesperetin: 0.3mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg

Naringenin: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg

## **Nutrients (% of daily need)**

Calories: 240.45kcal (12.02%), Fat: 14.09g (21.67%), Saturated Fat: 1.95g (12.19%), Carbohydrates: 17.89g (5.96%), Net Carbohydrates: 17.55g (6.38%), Sugar: 14.45g (16.06%), Cholesterol: 0mg (0%), Sodium: 392.29mg (17.06%), Alcohol: 6.3g (100%), Alcohol %: 7.29% (100%), Protein: 0.38g (0.75%), Vitamin E: 2.04mg (13.58%), Manganese: 0.2mg (9.85%), Vitamin K: 10.28µg (9.79%), Vitamin C: 1.63mg (1.98%), Iron: 0.35mg (1.94%), Vitamin B6: 0.03mg (1.47%), Calcium: 13.86mg (1.39%), Fiber: 0.34g (1.35%), Copper: 0.03mg (1.34%), Potassium: 45.09mg (1.29%), Magnesium: 4.6mg (1.15%)