



Apple-Kiwi Dressing



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



20 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons apple juice
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 tablespoons cider vinegar
- ☐ 1 small garlic clove
- ☐ 3 kiwifruit peeled cut into chunks (1/2 pound)
- ☐ 1 tablespoon olive oil
- ☐ 0.3 teaspoon pepper sauce hot
- ☐ 0.5 teaspoon salt

- ☐ 0.5 teaspoon sugar
- ☐ 1 tablespoon water

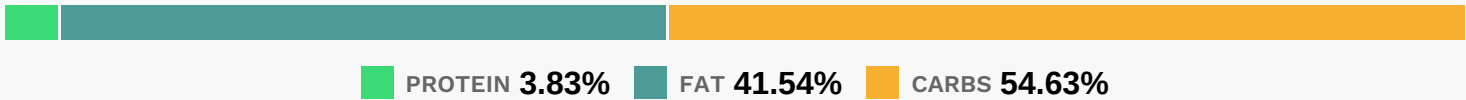
Equipment

- ☐ blender

Directions

- ☐ Combine all ingredients in a blender, and process until smooth.
- ☐ Note: Refrigerate dressing in an airtight container for up to five days; stir well before using.

Nutrition Facts



Properties

Glycemic Index:16.59, Glycemic Load:1.19, Inflammation Score:-1, Nutrition Score:1.6108695751299%

Flavonoids

Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 19.73kcal (0.99%), Fat: 0.96g (1.47%), Saturated Fat: 0.13g (0.79%), Carbohydrates: 2.83g (0.94%), Net Carbohydrates: 2.3g (0.84%), Sugar: 1.85g (2.05%), Cholesterol: 0mg (0%), Sodium: 75.45mg (3.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.2g (0.4%), Vitamin C: 12.87mg (15.6%), Vitamin K: 7.46µg (7.1%), Vitamin E: 0.35mg (2.32%), Fiber: 0.53g (2.11%), Manganese: 0.03mg (1.51%), Copper: 0.02mg (1.22%), Folate: 4.45µg (1.11%), Potassium: 38.33mg (1.1%)