



Apricot Vinaigrette



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



5 min.

SERVINGS



5

CALORIES



235 kcal

SIDE DISH

Ingredients



3 tablespoons olive oil



0.3 cup seasoned rice wine vinegar



10 ounce apricot fruit spread

Equipment



bowl



whisk

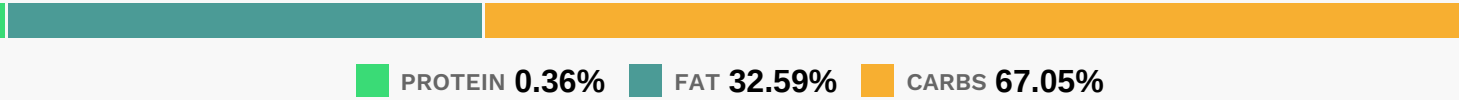


microwave

Directions

- ☐ Microwave fruit spread in microwave-safe bowl at MEDIUM LOW (30% power) 1 minute or until melted.
- ☐ Whisk in vinegar and olive oil until blended; cool.
- ☐ Serve at room temperature.

Nutrition Facts



Properties

Glycemic Index:21, Glycemic Load:21.15, Inflammation Score:-1, Nutrition Score:1.7352174316411%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 234.94kcal (11.75%), Fat: 8.44g (12.98%), Saturated Fat: 1.16g (7.28%), Carbohydrates: 39.07g (13.02%), Net Carbohydrates: 38.45g (13.98%), Sugar: 27.51g (30.56%), Cholesterol: 0mg (0%), Sodium: 18.65mg (0.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.21g (0.42%), Vitamin E: 1.28mg (8.52%), Vitamin C: 4.99mg (6.05%), Vitamin K: 5.06µg (4.82%), Copper: 0.06mg (2.89%), Vitamin B2: 0.04mg (2.53%), Fiber: 0.62g (2.49%), Iron: 0.33mg (1.83%), Selenium: 1.22µg (1.74%), Manganese: 0.03mg (1.6%), Folate: 6.24µg (1.56%), Potassium: 44.08mg (1.26%), Calcium: 12.44mg (1.24%), Phosphorus: 11.45mg (1.15%)