



Balsamic Currant Vinaigrette

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



100 kcal

SIDE DISH

Ingredients

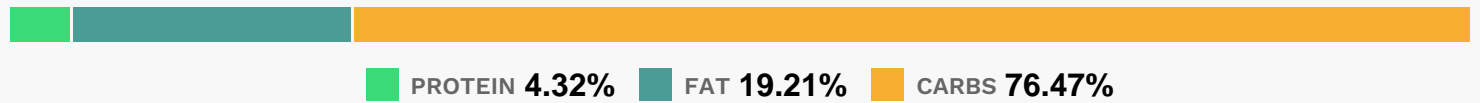
- 0.3 cup balsamic vinegar
- 2 tablespoons currants
- 1 teaspoon dijon mustard
- 3 cloves garlic crushed
- 1 teaspoon olive oil
- 0.3 teaspoon pepper freshly ground
- 0.3 teaspoon sugar
- 2 tablespoons water

Equipment

Directions

- Combine currants and vinegar in a jar; cover and let stand 30 minutes.
- Add garlic and remaining ingredients. Cover tightly, and shake vigorously. Chill, if desired.
- Serve with salad greens.

Nutrition Facts



Properties

Glycemic Index:119.55, Glycemic Load:6.24, Inflammation Score:-1, Nutrition Score:2.5739130274109%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 100.01kcal (5%), Fat: 2.15g (3.31%), Saturated Fat: 0.3g (1.89%), Carbohydrates: 19.26g (6.42%), Net Carbohydrates: 18.33g (6.67%), Sugar: 14.69g (16.32%), Cholesterol: 0mg (0%), Sodium: 42.89mg (1.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.09g (2.18%), Manganese: 0.23mg (11.48%), Vitamin B6: 0.1mg (5.13%), Potassium: 177.4mg (5.07%), Fiber: 0.93g (3.7%), Copper: 0.07mg (3.7%), Iron: 0.66mg (3.69%), Calcium: 33.11mg (3.31%), Phosphorus: 30.89mg (3.09%), Magnesium: 12.13mg (3.03%), Vitamin C: 2.12mg (2.57%), Vitamin B1: 0.04mg (2.53%), Selenium: 1.61µg (2.3%), Vitamin E: 0.32mg (2.13%), Vitamin K: 2.22µg (2.12%), Vitamin B2: 0.03mg (1.67%), Vitamin B3: 0.29mg (1.46%), Zinc: 0.15mg (1.02%)