

Berry vinaigrette



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



10 min.

SERVINGS



100

CALORIES



8 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients



3 tbsp olive oil extra virgin extra-virgin



3 tbsp unrefined sunflower oil



2 tbsp citrus champagne vinegar



3 large strawberries hulled ripe finely chopped



0.5 raspberries crushed



4 tbsp currants with a fork crushed



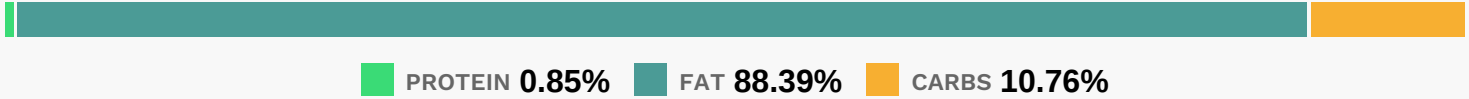
4 tbsp blueberries crushed chopped

Equipment

Directions

☐ Shake the oils and vinegar in a bottle or jar with a tight-fitting lid until blended. Season with salt if you want, and pepper, then drop in the fruit. Shake gently before using. Keeps in an airtight container in the fridge for up to 3 days.

Nutrition Facts



Properties

Glycemic Index:1.06, Glycemic Load:0.05, Inflammation Score:-1, Nutrition Score:0.18521739080872%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Petunidin: 0.19mg, Petunidin: 0.19mg, Petunidin: 0.19mg, Petunidin: 0.19mg Delphinidin: 0.21mg, Delphinidin: 0.21mg, Delphinidin: 0.21mg, Delphinidin: 0.21mg Malvidin: 0.4mg, Malvidin: 0.4mg, Malvidin: 0.4mg, Malvidin: 0.4mg Pelargonidin: 0.2mg, Pelargonidin: 0.2mg, Pelargonidin: 0.2mg, Pelargonidin: 0.2mg Peonidin: 0.12mg, Peonidin: 0.12mg, Peonidin: 0.12mg, Peonidin: 0.12mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 8.41kcal (0.42%), Fat: 0.85g (1.3%), Saturated Fat: 0.1g (0.62%), Carbohydrates: 0.23g (0.08%), Net Carbohydrates: 0.18g (0.06%), Sugar: 0.14g (0.16%), Cholesterol: 0mg (0%), Sodium: 0.05mg (0%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.02g (0.04%), Vitamin E: 0.24mg (1.6%)