



Blackberry-Basil Vinaigrette



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



10

CALORIES



110 kcal

SIDE DISH

Ingredients

- ☐ 6 basil fresh
- ☐ 1 garlic clove sliced
- ☐ 0.5 teaspoon pepper
- ☐ 10 oz jam seedless
- ☐ 0.3 cup red wine vinegar
- ☐ 0.5 teaspoon salt
- ☐ 0.8 cup vegetable oil

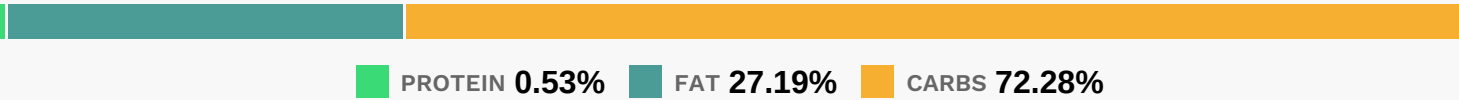
Equipment

blender

Directions

Pulse blackberry preserves, red wine vinegar, and next 4 ingredients in a blender 2 to 3 times or until blended. With blender running, add vegetable oil in a slow, steady stream, processing until smooth.

Nutrition Facts



Properties

Glycemic Index:18.7, Glycemic Load:10.61, Inflammation Score:-1, Nutrition Score:1.0873913052289%

Flavonoids

Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 109.61kcal (5.48%), Fat: 3.3g (5.07%), Saturated Fat: 0.5g (3.15%), Carbohydrates: 19.72g (6.57%), Net Carbohydrates: 19.37g (7.04%), Sugar: 13.75g (15.28%), Cholesterol: 0mg (0%), Sodium: 125.9mg (5.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.14g (0.29%), Vitamin K: 7.18µg (6.84%), Vitamin C: 2.66mg (3.23%), Vitamin E: 0.3mg (2.03%), Manganese: 0.03mg (1.75%), Copper: 0.03mg (1.61%), Fiber: 0.35g (1.39%), Vitamin B2: 0.02mg (1.31%), Iron: 0.19mg (1.05%)