



Blackberry Vinaigrette



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



146 kcal

SIDE DISH

Ingredients

- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 1 cup blackberries frozen thawed
- ☐ 1 teaspoon honey
- ☐ 0.3 cup olive oil extra virgin extra-virgin
- ☐ 0.1 teaspoon salt
- ☐ 1 small shallots chopped
- ☐ 1 teaspoon balsamic vinegar white

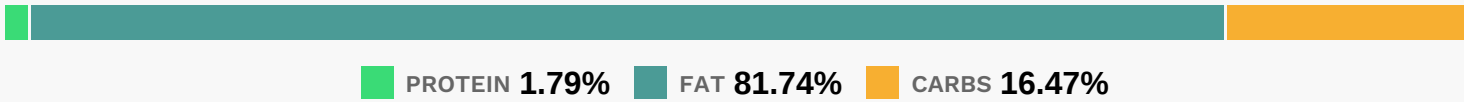
Equipment

- ☐ bowl
- ☐ sieve
- ☐ blender

Directions

- ☐ Process blackberries in a blender until smooth. Strain berries through a sieve into a bowl, and discard solids.
- ☐ Process berry puree, shallot, and next 4 ingredients in a blender for 30 seconds. With blender running, pour oil through food chute in a slow, steady stream, and process until smooth.

Nutrition Facts



Properties

Glycemic Index:47.32, Glycemic Load:1.51, Inflammation Score:-3, Nutrition Score:3.7469565363034%

Flavonoids

Cyanidin: 35.98mg, Cyanidin: 35.98mg, Cyanidin: 35.98mg, Cyanidin: 35.98mg Pelargonidin: 0.16mg, Pelargonidin: 0.16mg, Pelargonidin: 0.16mg, Pelargonidin: 0.16mg Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg Catechin: 13.34mg, Catechin: 13.34mg, Catechin: 13.34mg, Catechin: 13.34mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 1.68mg, Epicatechin: 1.68mg, Epicatechin: 1.68mg, Epicatechin: 1.68mg Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 1.29mg, Quercetin: 1.29mg, Quercetin: 1.29mg, Quercetin: 1.29mg

Nutrients (% of daily need)

Calories: 145.9kcal (7.29%), Fat: 13.68g (21.05%), Saturated Fat: 1.87g (11.69%), Carbohydrates: 6.2g (2.07%), Net Carbohydrates: 4.08g (1.48%), Sugar: 3.87g (4.3%), Cholesterol: 0mg (0%), Sodium: 74.42mg (3.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.67g (1.35%), Vitamin E: 2.37mg (15.79%), Vitamin K: 15.41µg (14.67%), Manganese: 0.26mg (13.1%), Vitamin C: 8.07mg (9.78%), Fiber: 2.13g (8.51%), Copper: 0.07mg (3.34%), Folate: 11.17µg (2.79%), Potassium: 82.49mg (2.36%), Magnesium: 8.81mg (2.2%), Iron: 0.4mg (2.2%), Vitamin B6: 0.03mg (1.65%), Vitamin A: 77.63IU (1.55%), Zinc: 0.22mg (1.48%), Calcium: 13.65mg (1.37%), Vitamin B3: 0.25mg (1.24%), Phosphorus: 12.08mg (1.21%), Vitamin B5: 0.12mg (1.2%)