



Blueberry Vinaigrette



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



131 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup firmly basil leaves packed
- ☐ 0.3 teaspoon pepper black
- ☐ 1 cup blueberries fresh
- ☐ 0.5 teaspoon mustard dry
- ☐ 0.5 teaspoon kosher salt
- ☐ 3 tablespoons juice of lemon
- ☐ 0.3 cup olive oil
- ☐ 3 tablespoons orange juice

- ☐ 1 shallots chopped
- ☐ 2 tablespoons citrus champagne vinegar

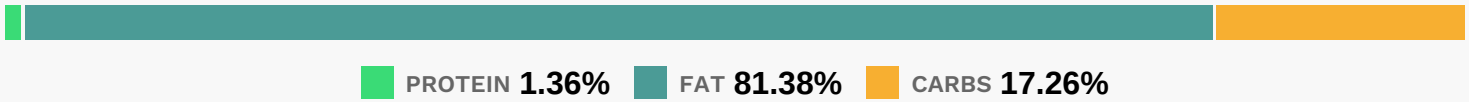
Equipment

- ☐ food processor

Directions

- ☐ Process shallot, olive oil, basil, orange juice, lemon juice, vinegar, and dry mustard in a food processor until blended.
- ☐ Add blueberries; pulse until coarsely chopped. Season with kosher salt and black pepper.

Nutrition Facts



Properties

Glycemic Index:37.33, Glycemic Load:1.83, Inflammation Score:-2, Nutrition Score:2.992173915324%

Flavonoids

Cyanidin: 2.09mg, Cyanidin: 2.09mg, Cyanidin: 2.09mg, Cyanidin: 2.09mg Petunidin: 7.78mg, Petunidin: 7.78mg, Petunidin: 7.78mg, Petunidin: 7.78mg Delphinidin: 8.74mg, Delphinidin: 8.74mg, Delphinidin: 8.74mg, Delphinidin: 8.74mg Malvidin: 16.67mg, Malvidin: 16.67mg, Malvidin: 16.67mg, Malvidin: 16.67mg Peonidin: 5mg, Peonidin: 5mg, Peonidin: 5mg, Peonidin: 5mg Catechin: 1.3mg, Catechin: 1.3mg, Catechin: 1.3mg, Catechin: 1.3mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg Eriodictyol: 0.38mg, Eriodictyol: 0.38mg, Eriodictyol: 0.38mg, Eriodictyol: 0.38mg Hesperetin: 2.1mg, Hesperetin: 2.1mg, Hesperetin: 2.1mg, Hesperetin: 2.1mg Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg Quercetin: 1.94mg, Quercetin: 1.94mg, Quercetin: 1.94mg, Quercetin: 1.94mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 130.85kcal (6.54%), Fat: 12.19g (18.75%), Saturated Fat: 1.67g (10.46%), Carbohydrates: 5.82g (1.94%), Net Carbohydrates: 5g (1.82%), Sugar: 3.7g (4.11%), Cholesterol: 0mg (0%), Sodium: 195.41mg (8.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.46g (0.92%), Vitamin K: 16.32µg (15.54%), Vitamin E: 1.9mg (12.68%), Vitamin C: 10.1mg (12.24%), Manganese: 0.13mg (6.31%), Fiber: 0.82g (3.29%), Folate: 7.91µg (1.98%), Potassium:

65.03mg (1.86%), Vitamin B6: 0.04mg (1.83%), Vitamin A: 84.19IU (1.68%), Iron: 0.29mg (1.6%), Vitamin B1: 0.02mg (1.52%), Copper: 0.03mg (1.47%), Magnesium: 5.34mg (1.34%)