



Blueberry Vinaigrette

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



6 min.

SERVINGS



4

CALORIES



18 kcal

SIDE DISH

Ingredients

- 1 tablespoon apple juice
- 4 servings pepper black freshly ground to taste
- 0.5 cup blueberries fresh (but is best)
- 2 tablespoon citrus champagne vinegar
- 0.1 teaspoon salt
- 1 teaspoon shallots coarsely chopped
- 2 tablespoons apple juice (or use water or additional apple juice)
- 1 pinch stevia powder to taste (or other sweetener,)

Equipment

Directions

Drizzle over salad and serve.

Nutrition Facts



Properties

Glycemic Index:45.88, Glycemic Load:1.44, Inflammation Score:-1, Nutrition Score:0.8760869598583%

Flavonoids

Cyanidin: 1.57mg, Cyanidin: 1.57mg, Cyanidin: 1.57mg, Cyanidin: 1.57mg Petunidin: 5.83mg, Petunidin: 5.83mg, Petunidin: 5.83mg, Petunidin: 5.83mg Delphinidin: 6.55mg, Delphinidin: 6.55mg, Delphinidin: 6.55mg, Delphinidin: 6.55mg Malvidin: 12.5mg, Malvidin: 12.5mg, Malvidin: 12.5mg, Malvidin: 12.5mg Peonidin: 3.75mg, Peonidin: 3.75mg, Peonidin: 3.75mg, Peonidin: 3.75mg Catechin: 1.12mg, Catechin: 1.12mg, Catechin: 1.12mg, Catechin: 1.12mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.64mg, Epicatechin: 0.64mg, Epicatechin: 0.64mg, Epicatechin: 0.64mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 1.48mg, Quercetin: 1.48mg, Quercetin: 1.48mg, Quercetin: 1.48mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 17.76kcal (0.89%), Fat: 0.08g (0.12%), Saturated Fat: 0.01g (0.06%), Carbohydrates: 4.15g (1.38%), Net Carbohydrates: 3.64g (1.32%), Sugar: 2.96g (3.29%), Cholesterol: 0mg (0%), Sodium: 73.99mg (3.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.17g (0.35%), Manganese: 0.09mg (4.42%), Vitamin K: 3.74µg (3.56%), Vitamin C: 1.97mg (2.39%), Fiber: 0.51g (2.03%)