



Cousin Liz's Raspberry Vinaigrette



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



86 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.8 cup raspberries fresh
- ☐ 0.3 cup raspberry preserves seedless
- ☐ 0.3 cup red wine vinegar
- ☐ 0.3 cup red wine vinaigrette

Equipment

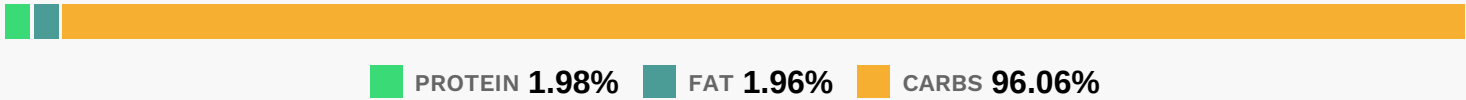
- ☐ food processor
- ☐ bowl
- ☐ whisk

☐ sieve

Directions

- ☐ Place raspberries in a food processor; process until smooth. Press raspberry puree through a wire-mesh strainer, using the back of a spoon, into a medium bowl. Discard pulp and seeds.
- ☐ Whisk red wine vinaigrette, red wine vinegar, and raspberry preserves into raspberry puree.

Nutrition Facts



Properties

Glycemic Index:24, Glycemic Load:8.3, Inflammation Score:-1, Nutrition Score:2.1365217605363%

Flavonoids

Cyanidin: 10.33mg, Cyanidin: 10.33mg, Cyanidin: 10.33mg, Cyanidin: 10.33mg Petunidin: 0.37mg, Petunidin: 0.37mg, Petunidin: 0.37mg, Petunidin: 0.37mg Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg Malvidin: 2.11mg, Malvidin: 2.11mg, Malvidin: 2.11mg, Malvidin: 2.11mg Pelargonidin: 0.22mg, Pelargonidin: 0.22mg, Pelargonidin: 0.22mg, Pelargonidin: 0.22mg Peonidin: 0.21mg, Peonidin: 0.21mg, Peonidin: 0.21mg, Peonidin: 0.21mg Catechin: 1.37mg, Catechin: 1.37mg, Catechin: 1.37mg, Catechin: 1.37mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 1.36mg, Epicatechin: 1.36mg, Epicatechin: 1.36mg, Epicatechin: 1.36mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 86.36kcal (4.32%), Fat: 0.16g (0.25%), Saturated Fat: 0.01g (0.04%), Carbohydrates: 17.75g (5.92%), Net Carbohydrates: 16.05g (5.84%), Sugar: 11.39g (12.66%), Cholesterol: 0mg (0%), Sodium: 8.82mg (0.38%), Alcohol: 1.59g (100%), Alcohol %: 2.73% (100%), Protein: 0.37g (0.73%), Vitamin C: 7.84mg (9.5%), Manganese: 0.19mg (9.3%), Fiber: 1.7g (6.78%), Copper: 0.04mg (2.23%), Iron: 0.4mg (2.2%), Potassium: 75.21mg (2.15%), Magnesium: 8.2mg (2.05%), Folate: 7.21µg (1.8%), Vitamin K: 1.82µg (1.73%), Vitamin B2: 0.03mg (1.73%), Phosphorus: 15.21mg (1.52%), Vitamin E: 0.22mg (1.48%), Vitamin B6: 0.03mg (1.26%), Calcium: 11.97mg (1.2%)