



## Cranberry-Port Vinaigrette



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



74 kcal

BEVERAGE

DRINK

### Ingredients

- 0.1 teaspoon pepper black freshly ground
- 2 tablespoons champagne vinegar
- 8 servings cranberry compote
- 0.8 teaspoon mustard dry
- 1 tablespoon basil fresh minced
- 0.8 teaspoon tarragon fresh minced
- 0.1 teaspoon ground nutmeg
- 1 tablespoon honey

- 1 cup olive oil
- 2.5 tablespoons orange juice fresh
- 0.3 cup port
- 0.3 teaspoon salt
- 1 tablespoon shallots minced

## Equipment

- whisk

## Directions

- Prepare Cranberry Compote.
- Combine shallots and next 10 ingredients. Gradually whisk in oil. Stir in 1/2 cup Cranberry Compote, reserving remaining compote for another use.

## Nutrition Facts

**PROTEIN 1.2%** **FAT 73.48%** **CARBS 25.32%**

## Properties

Glycemic Index:52.66, Glycemic Load:1.57, Inflammation Score:-1, Nutrition Score:1.1139130339674%

## Flavonoids

Cyanidin: 0.46mg, Cyanidin: 0.46mg, Cyanidin: 0.46mg, Cyanidin: 0.46mg Petunidin: 0.5mg, Petunidin: 0.5mg, Petunidin: 0.5mg, Petunidin: 0.5mg Delphinidin: 0.37mg, Delphinidin: 0.37mg, Delphinidin: 0.37mg, Delphinidin: 0.37mg Malvidin: 7.12mg, Malvidin: 7.12mg, Malvidin: 7.12mg, Malvidin: 7.12mg Peonidin: 0.79mg, Peonidin: 0.79mg, Peonidin: 0.79mg, Peonidin: 0.79mg Catechin: 0.74mg, Catechin: 0.74mg, Catechin: 0.74mg, Catechin: 0.74mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.61mg, Epicatechin: 0.61mg, Epicatechin: 0.61mg, Epicatechin: 0.61mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.63mg, Hesperetin: 0.63mg, Hesperetin: 0.63mg, Hesperetin: 0.63mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

## Nutrients (% of daily need)

Calories: 73.98kcal (3.7%), Fat: 5.51g (8.47%), Saturated Fat: 0.76g (4.77%), Carbohydrates: 4.27g (1.42%), Net Carbohydrates: 4.12g (1.5%), Sugar: 3.35g (3.72%), Cholesterol: 0mg (0%), Sodium: 74.24mg (3.23%), Alcohol: 1.15g (100%), Alcohol %: 2.95% (100%), Protein: 0.2g (0.4%), Vitamin E: 0.81mg (5.37%), Vitamin K: 4.41µg (4.2%), Vitamin C: 3.08mg (3.73%), Manganese: 0.05mg (2.41%), Iron: 0.19mg (1.08%)