



Cranberry Vinaigrette



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



10

CALORIES



109 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup balsamic vinegar
- ☐ 2 teaspoons ginger fresh grated
- ☐ 1 tablespoon brown sugar light
- ☐ 0.3 cup olive oil
- ☐ 0.5 cup orange juice fresh
- ☐ 1 teaspoon orange zest
- ☐ 0.5 teaspoon salt
- ☐ 1 cup whole-berry cranberry sauce canned

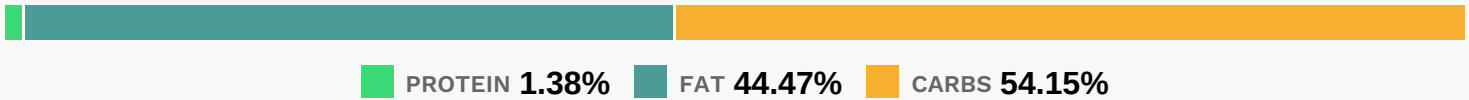
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Whisk together cranberry sauce, orange zest, orange juice, balsamic vinegar, olive oil, brown sugar, grated fresh ginger, and salt in a medium bowl until blended and smooth.

Nutrition Facts



Properties

Glycemic Index:11.7, Glycemic Load:1.21, Inflammation Score:-1, Nutrition Score:1.3739130477542%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 1.48mg, Hesperetin: 1.48mg, Hesperetin: 1.48mg, Hesperetin: 1.48mg Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.76mg, Myricetin: 0.76mg, Myricetin: 0.76mg, Myricetin: 0.76mg Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg

Nutrients (% of daily need)

Calories: 108.52kcal (5.43%), Fat: 5.47g (8.42%), Saturated Fat: 0.75g (4.69%), Carbohydrates: 14.99g (5%), Net Carbohydrates: 14.62g (5.32%), Sugar: 12.07g (13.41%), Cholesterol: 0mg (0%), Sodium: 119.77mg (5.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.38g (0.76%), Vitamin C: 6.77mg (8.21%), Vitamin E: 1.04mg (6.96%), Vitamin K: 3.66µg (3.48%), Fiber: 0.36g (1.45%), Manganese: 0.03mg (1.44%), Iron: 0.23mg (1.27%), Potassium: 43.54mg (1.24%), Vitamin B1: 0.02mg (1.05%), Folate: 4.12µg (1.03%)