



Fresh Raspberry Balsamic Vinaigrette



Vegetarian



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



16

CALORIES



50 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.7 cup balsamic vinegar
- ☐ 1 tablespoon honey
- ☐ 0.3 cup olive oil
- ☐ 1 cup raspberries fresh
- ☐ 0.5 teaspoon salt
- ☐ 1 tablespoon sugar white

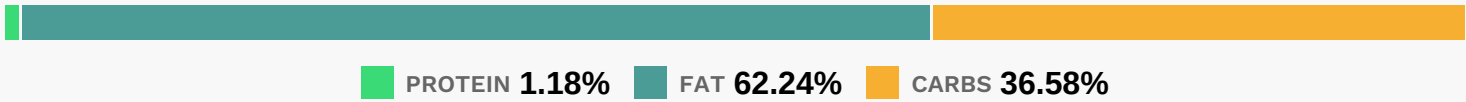
Equipment

- ☐ bowl

Directions

- ☐ Mix raspberries and sugar together in a bowl; set aside until mixture is juicy, about 10 minutes. Mash berries using a fork until liquefied.
- ☐ Pour berry mixture into a jar with a lid; add balsamic vinegar, olive oil, honey, and salt. Cover jar with lid and shake until dressing is mixed well. Store in refrigerator.

Nutrition Facts



Properties

Glycemic Index:12.4, Glycemic Load:2.1, Inflammation Score:-1, Nutrition Score:0.84000000989308%

Flavonoids

Cyanidin: 3.43mg, Cyanidin: 3.43mg, Cyanidin: 3.43mg, Cyanidin: 3.43mg Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg Delphinidin: 0.1mg, Delphinidin: 0.1mg, Delphinidin: 0.1mg, Delphinidin: 0.1mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 0.07mg, Pelargonidin: 0.07mg, Pelargonidin: 0.07mg, Pelargonidin: 0.07mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.26mg, Epicatechin: 0.26mg, Epicatechin: 0.26mg, Epicatechin: 0.26mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 49.96kcal (2.5%), Fat: 3.43g (5.27%), Saturated Fat: 0.47g (2.92%), Carbohydrates: 4.53g (1.51%), Net Carbohydrates: 4.04g (1.47%), Sugar: 3.75g (4.16%), Cholesterol: 0mg (0%), Sodium: 75.32mg (3.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.15g (0.29%), Vitamin E: 0.55mg (3.67%), Manganese: 0.07mg (3.27%), Vitamin K: 2.62µg (2.49%), Vitamin C: 1.97mg (2.39%), Fiber: 0.49g (1.96%)