



Fresh Raspberry Vinaigrette

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



5 min.

SERVINGS



5

CALORIES



111 kcal

SIDE DISH

Ingredients

- 0.3 cup canola oil
- 2 tablespoons juice of lemon
- 0.5 cup raspberries fresh thawed ()
- 2 tablespoons red wine vinegar
- 1 pinch salt
- 1 teaspoon sugar

Equipment

- bowl

whisk

Directions

Place raspberries in a bowl and crush with a fork.

Whisk in remaining ingredients until well blended. Cover and chill.

Whisk just before using.

Nutrition Facts

 **PROTEIN 0.59%**  **FAT 90%**  **CARBS 9.41%**

Properties

Glycemic Index:19.22, Glycemic Load:0.73, Inflammation Score:-1, Nutrition Score:1.8895651913531%

Flavonoids

Cyanidin: 5.49mg, Cyanidin: 5.49mg, Cyanidin: 5.49mg, Cyanidin: 5.49mg Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg Delphinidin: 0.16mg, Delphinidin: 0.16mg, Delphinidin: 0.16mg, Delphinidin: 0.16mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 0.12mg, Pelargonidin: 0.12mg, Pelargonidin: 0.12mg, Pelargonidin: 0.12mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.42mg, Epicatechin: 0.42mg, Epicatechin: 0.42mg, Epicatechin: 0.42mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Eriodictyol: 0.29mg, Eriodictyol: 0.29mg, Eriodictyol: 0.29mg, Eriodictyol: 0.29mg Hesperetin: 0.87mg, Hesperetin: 0.87mg, Hesperetin: 0.87mg, Hesperetin: 0.87mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 110.79kcal (5.54%), Fat: 11.3g (17.38%), Saturated Fat: 0.83g (5.18%), Carbohydrates: 2.65g (0.88%), Net Carbohydrates: 1.86g (0.68%), Sugar: 1.48g (1.64%), Cholesterol: 0mg (0%), Sodium: 8.42mg (0.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.17g (0.33%), Vitamin E: 2.07mg (13.82%), Vitamin K: 8.92µg (8.5%), Vitamin C: 5.5mg (6.66%), Manganese: 0.08mg (4.2%), Fiber: 0.8g (3.19%)