



Pomegranate Vinaigrette

 Vegetarian  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



32

CALORIES



11 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1.5 tablespoons balsamic vinegar
- 0.3 teaspoon pepper black
- 1.5 tablespoons dijon mustard
- 1.5 tablespoons honey
- 1.5 tablespoons olive oil
- 3 tablespoons pomegranate juice (such as POM Wonderful)
- 0.3 teaspoon salt

Equipment

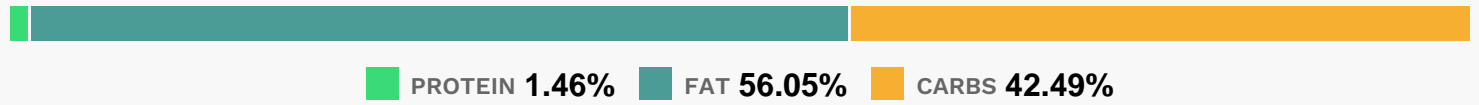
bowl

whisk

Directions

Combine all ingredients in a small bowl, and stir well with a whisk.

Nutrition Facts



Properties

Glycemic Index:5.2, Glycemic Load:0.49, Inflammation Score:0, Nutrition Score:0.14739130647934%

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 Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 10.67kcal (0.53%), Fat: 0.68g (1.05%), Saturated Fat: 0.09g (0.59%), Carbohydrates: 1.17g (0.39%), Net Carbohydrates: 1.13g (0.41%), Sugar: 1.11g (1.23%), Cholesterol: 0mg (0%), Sodium: 26.26mg (1.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.04g (0.08%)