



Pomegranate Vinaigrette



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



2 min.

SERVINGS



21

CALORIES



18 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 tablespoons balsamic vinegar
- ☐ 1 tablespoon canola oil
- ☐ 1 teaspoon orange rind grated
- ☐ 0.5 cup pomegranate juice
- ☐ 3 tablespoons sugar

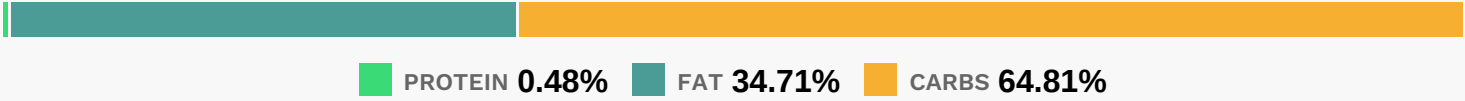
Equipment

- ☐ bowl
- ☐ whisk

Directions

☐ Combine all ingredients in a small bowl. Stir with a whisk until blended.

Nutrition Facts



Properties

Glycemic Index:5.72, Glycemic Load:1.39, Inflammation Score:-1, Nutrition Score:0.2043478253257%

Flavonoids

Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg Delphinidin: 0.05mg, Delphinidin: 0.05mg, Delphinidin: 0.05mg, Delphinidin: 0.05mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 17.8kcal (0.89%), Fat: 0.69g (1.06%), Saturated Fat: 0.05g (0.34%), Carbohydrates: 2.9g (0.97%), Net Carbohydrates: 2.88g (1.05%), Sugar: 2.8g (3.11%), Cholesterol: 0mg (0%), Sodium: 1.08mg (0.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.02g (0.04%), Vitamin K: 1.09µg (1.04%)