



Pomegranate Vinaigrette



Vegetarian



Gluten Free



Dairy Free

READY IN



55 min.

SERVINGS



20

CALORIES



48 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 teaspoon dijon mustard
- ☐ 5 teaspoons honey
- ☐ 0.3 cup olive oil
- ☐ 0.3 teaspoon pepper
- ☐ 1.5 cups pomegranate juice
- ☐ 0.1 teaspoon salt
- ☐ 1 tablespoon citrus champagne vinegar

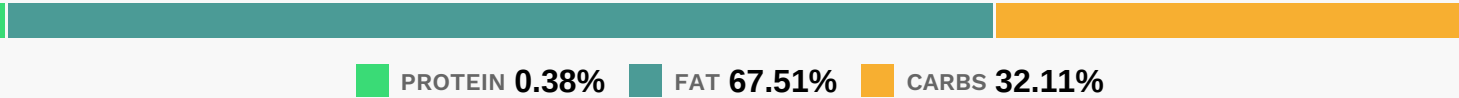
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Bring pomegranate juice to a boil in a medium saucepan over medium-high heat; reduce heat to medium, and cook, stirring occasionally, 15 minutes or until reduced to 1/4 cup.
- ☐ Transfer to a small bowl. Cool completely (about 30 minutes).
- ☐ Whisk in olive oil, honey, vinegar, mustard, pepper, and salt.

Nutrition Facts



Properties

Glycemic Index:5.81, Glycemic Load:0.76, Inflammation Score:-1, Nutrition Score:0.65652174672679%

Flavonoids

Cyanidin: 0.45mg, Cyanidin: 0.45mg, Cyanidin: 0.45mg, Cyanidin: 0.45mg Delphinidin: 0.15mg, Delphinidin: 0.15mg, Delphinidin: 0.15mg, Delphinidin: 0.15mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 47.59kcal (2.38%), Fat: 3.66g (5.64%), Saturated Fat: 0.51g (3.2%), Carbohydrates: 3.92g (1.31%), Net Carbohydrates: 3.88g (1.41%), Sugar: 3.79g (4.22%), Cholesterol: 0mg (0%), Sodium: 19.17mg (0.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.05g (0.09%), Vitamin K: 4.15µg (3.96%), Vitamin E: 0.59mg (3.94%), Potassium: 41.91mg (1.2%), Manganese: 0.02mg (1.19%), Folate: 4.54µg (1.13%)