

Raspberry Balsamic Dressing

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



3

CALORIES



103 kcal

SIDE DISH

Ingredients

- 0.3 cup balsamic vinegar
- 0.5 teaspoon pepper black
- 0.5 cup olive oil
- 0.5 teaspoon onion powder
- 1 tablespoon raspberry jam
- 0.5 teaspoon salt

Equipment

- bowl

whisk

Directions

Whisk together the olive oil, balsamic vinegar, raspberry preserves, onion powder, black pepper, and salt in a small bowl; continue whisking until thick and smooth.

Nutrition Facts

 PROTEIN **0.79%**  FAT **64.63%**  CARBS **34.58%**

Properties

Glycemic Index:45.67, Glycemic Load:4.34, Inflammation Score:-1, Nutrition Score:1.0913043294264%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg

Nutrients (% of daily need)

Calories: 102.85kcal (5.14%), Fat: 7.22g (11.11%), Saturated Fat: 1g (6.25%), Carbohydrates: 8.69g (2.9%), Net Carbohydrates: 8.48g (3.08%), Sugar: 6.43g (7.15%), Cholesterol: 0mg (0%), Sodium: 395.05mg (17.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.2g (0.4%), Vitamin E: 1.05mg (6.99%), Vitamin K: 4.89µg (4.66%), Manganese: 0.08mg (3.92%), Iron: 0.27mg (1.53%), Potassium: 36.8mg (1.05%), Calcium: 10.14mg (1.01%)