



## Raspberry Dressing

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



5 min.

SERVINGS



5

CALORIES



281 kcal

SIDE DISH

### Ingredients

- 1 teaspoon dijon mustard
- 0.3 cup olive oil
- 1 cup raspberries frozen thawed
- 1 tablespoon raspberry preserves
- 2 tablespoons red wine vinegar
- 5 servings salt and pepper
- 0.3 cup vegetable oil

### Equipment

blender

## Directions

Mix raspberries, vinegar, preserves and mustard in a blender and blend until smooth, about 30 seconds. With the blender on, gradually add both oils until thick and creamy, about 1 minute. Season with salt and pepper.

## Nutrition Facts

**PROTEIN 0.49%** **FAT 91.58%** **CARBS 7.93%**

## Properties

Glycemic Index:22.6, Glycemic Load:1.83, Inflammation Score:-1, Nutrition Score:4.1830434429905%

## Flavonoids

Cyanidin: 10.98mg, Cyanidin: 10.98mg, Cyanidin: 10.98mg, Cyanidin: 10.98mg Petunidin: 0.07mg, Petunidin: 0.07mg, Petunidin: 0.07mg, Petunidin: 0.07mg Delphinidin: 0.32mg, Delphinidin: 0.32mg, Delphinidin: 0.32mg, Delphinidin: 0.32mg Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Pelargonidin: 0.24mg, Pelargonidin: 0.24mg, Pelargonidin: 0.24mg, Pelargonidin: 0.24mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 0.84mg, Epicatechin: 0.84mg, Epicatechin: 0.84mg, Epicatechin: 0.84mg Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

## Nutrients (% of daily need)

Calories: 281.12kcal (14.06%), Fat: 29.13g (44.81%), Saturated Fat: 4.21g (26.32%), Carbohydrates: 5.68g (1.89%), Net Carbohydrates: 4.03g (1.47%), Sugar: 3.02g (3.35%), Cholesterol: 0mg (0%), Sodium: 207.08mg (9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.35g (0.7%), Vitamin K: 37.28µg (35.51%), Vitamin E: 3.48mg (23.2%), Manganese: 0.17mg (8.49%), Vitamin C: 6.67mg (8.09%), Fiber: 1.65g (6.59%), Iron: 0.31mg (1.74%), Magnesium: 6.16mg (1.54%), Folate: 5.55µg (1.39%), Copper: 0.03mg (1.35%), Potassium: 43.34mg (1.24%)