



Raspberry-Tarragon Dressing

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



1

CALORIES



329 kcal

SIDE DISH

Ingredients

- 2 teaspoons tarragon fresh chopped
- 0.3 cup green onions chopped
- 12 oz raspberry vinaigrette

Equipment

- bowl
- whisk

Directions

- Whisk together raspberry vinaigrette, chopped green onions, and chopped fresh tarragon in a bowl.
- Note: We tested with Maple Grove Farms of Vermont Fat Free Raspberry Vinaigrette.

Nutrition Facts



Properties

Glycemic Index:102, Glycemic Load:1.58, Inflammation Score:-4, Nutrition Score:6.1621739540411%

Flavonoids

Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Quercetin: 2.67mg, Quercetin: 2.67mg, Quercetin: 2.67mg, Quercetin: 2.67mg

Nutrients (% of daily need)

Calories: 329.38kcal (16.47%), Fat: 0.34g (0.52%), Saturated Fat: 0.08g (0.52%), Carbohydrates: 75.96g (25.32%), Net Carbohydrates: 75.02g (27.28%), Sugar: 72.7g (80.78%), Cholesterol: 0mg (0%), Sodium: 2996.79mg (130.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.37g (2.74%), Vitamin K: 51.75µg (49.29%), Manganese: 0.36mg (17.93%), Iron: 1.66mg (9.23%), Vitamin A: 417.25IU (8.35%), Vitamin C: 6.7mg (8.12%), Folate: 26.96µg (6.74%), Calcium: 63.56mg (6.36%), Vitamin B6: 0.11mg (5.58%), Potassium: 189.8mg (5.42%), Magnesium: 18.88mg (4.72%), Vitamin B2: 0.07mg (4.33%), Fiber: 0.95g (3.78%), Vitamin B3: 0.49mg (2.45%), Copper: 0.05mg (2.39%), Phosphorus: 21.77mg (2.18%), Zinc: 0.25mg (1.69%), Vitamin B1: 0.02mg (1.59%)