



Raspberry Vinaigrette

 Vegetarian  Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



1

CALORIES



529 kcal

SIDE DISH

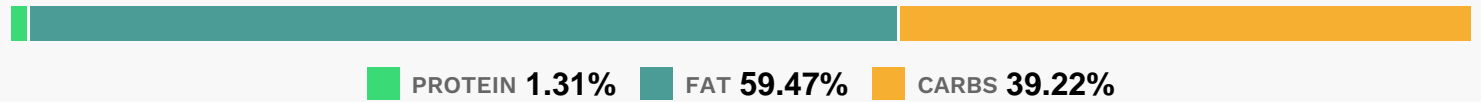
Ingredients

- 0.1 teaspoon pepper black
- 0.8 cup canola oil
- 1.5 teaspoons dijon mustard
- 0.3 teaspoon thyme dried
- 2 tablespoons honey
- 0.5 teaspoon kosher salt
- 1 teaspoon juice of lemon fresh
- 0.8 cup raspberries fresh

- 0.8 cup red wine vinegar
- 1 teaspoon shallots chopped
- 1 teaspoon sugar
- 1 teaspoon water

Equipment

Nutrition Facts



Properties

Glycemic Index:242.36, Glycemic Load:22.24, Inflammation Score:-6, Nutrition Score:11.057826086957%

Flavonoids

Cyanidin: 41.19mg, Cyanidin: 41.19mg, Cyanidin: 41.19mg, Cyanidin: 41.19mg Petunidin: 0.28mg, Petunidin: 0.28mg, Petunidin: 0.28mg, Petunidin: 0.28mg Delphinidin: 1.19mg, Delphinidin: 1.19mg, Delphinidin: 1.19mg, Delphinidin: 1.19mg Malvidin: 0.12mg, Malvidin: 0.12mg, Malvidin: 0.12mg, Malvidin: 0.12mg Pelargonidin: 0.88mg, Pelargonidin: 0.88mg, Pelargonidin: 0.88mg, Pelargonidin: 0.88mg Peonidin: 0.11mg, Peonidin: 0.11mg, Peonidin: 0.11mg, Peonidin: 0.11mg Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg Epicatechin: 3.17mg, Epicatechin: 3.17mg, Epicatechin: 3.17mg, Epicatechin: 3.17mg Epigallocatechin 3-gallate: 0.49mg, Epigallocatechin 3-gallate: 0.49mg, Epigallocatechin 3-gallate: 0.49mg, Epigallocatechin 3-gallate: 0.49mg Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg

Nutrients (% of daily need)

Calories: 529.39kcal (26.47%), Fat: 34.49g (53.06%), Saturated Fat: 2.52g (15.76%), Carbohydrates: 51.18g (17.06%), Net Carbohydrates: 44.69g (16.25%), Sugar: 42.85g (47.61%), Cholesterol: 0mg (0%), Sodium: 1262.93mg (54.91%), Protein: 1.71g (3.43%), Vitamin E: 6.72mg (44.79%), Manganese: 0.81mg (40.57%), Vitamin K: 35.8µg (34.1%), Vitamin C: 26.94mg (32.65%), Fiber: 6.49g (25.97%), Iron: 2.1mg (11.65%), Magnesium: 33.19mg (8.3%), Potassium: 256.4mg (7.33%), Copper: 0.13mg (6.48%), Folate: 22.67µg (5.67%), Phosphorus: 52.72mg (5.27%), Calcium: 48.28mg (4.83%), Selenium: 3.15µg (4.49%), Zinc: 0.61mg (4.03%), Vitamin B6: 0.08mg (3.8%), Vitamin B5: 0.36mg (3.63%), Vitamin B2: 0.06mg (3.44%), Vitamin B3: 0.65mg (3.27%), Vitamin B1: 0.05mg (3.13%)