



Raspberry Vinaigrette

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



5 min.

SERVINGS



1

CALORIES



617 kcal

SIDE DISH

Ingredients

- 0.3 teaspoon pepper black
- 2 teaspoons dijon mustard
- 0.5 cup cooking oil
- 0.3 teaspoon oregano
- 0.5 cup raspberry vinegar
- 0.5 cup granulated sugar white

Equipment

Nutrition Facts

PROTEIN 0.34% FAT 33.66% CARBS 66%

Properties

Glycemic Index:179.09, Glycemic Load:70.36, Inflammation Score:-5, Nutrition Score:4.3491304347826%

Nutrients (% of daily need)

Calories: 616.79kcal (30.84%), Fat: 23.1g (35.53%), Saturated Fat: 1.69g (10.55%), Carbohydrates: 101.91g (33.97%), Net Carbohydrates: 101.14g (36.78%), Sugar: 100.44g (111.6%), Cholesterol: 0mg (0%), Sodium: 117.2mg (5.1%), Protein: 0.52g (1.04%), Vitamin E: 4.05mg (27.01%), Manganese: 0.43mg (21.6%), Vitamin K: 20.05µg (19.09%), Selenium: 4.17µg (5.95%), Iron: 0.68mg (3.78%), Potassium: 117.18mg (3.35%), Magnesium: 12.98mg (3.24%), Fiber: 0.77g (3.08%), Calcium: 25.87mg (2.59%), Phosphorus: 21.89mg (2.19%), Vitamin B2: 0.03mg (1.71%), Copper: 0.03mg (1.69%), Vitamin B1: 0.02mg (1.36%)