



Raspberry Vinaigrette



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



625 kcal

SIDE DISH

Ingredients



1.5 tablespoons ground coriander



3 cups olive oil



1 teaspoon pepper



1.3 cups raspberry jam seedless



1.3 cups raspberry vinegar



2 teaspoons salt

Equipment

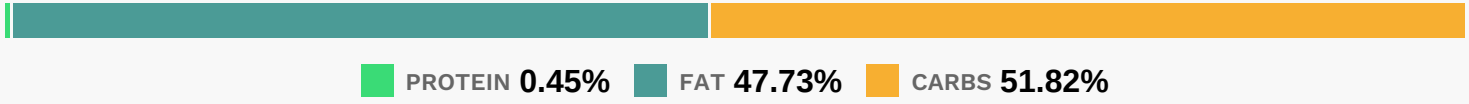


blender

Directions

☐ Process first 5 ingredients in a blender until smooth. Turn blender on high; gradually add oil in a slow, steady stream. Store in refrigerator up to 2 weeks.

Nutrition Facts



Properties

Glycemic Index:31.75, Glycemic Load:42.62, Inflammation Score:-1, Nutrition Score:6.0334782517799%

Flavonoids

Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg

Nutrients (% of daily need)

Calories: 625.06kcal (31.25%), Fat: 32.83g (50.51%), Saturated Fat: 4.51g (28.18%), Carbohydrates: 80.18g (26.73%), Net Carbohydrates: 78.02g (28.37%), Sugar: 55.29g (61.43%), Cholesterol: 0mg (0%), Sodium: 1204.39mg (52.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.7g (1.41%), Vitamin E: 4.81mg (32.05%), Vitamin K: 20.32µg (19.36%), Manganese: 0.35mg (17.3%), Vitamin C: 10.37mg (12.57%), Fiber: 2.16g (8.64%), Copper: 0.15mg (7.28%), Iron: 1.26mg (7%), Vitamin B2: 0.09mg (5.44%), Potassium: 176.39mg (5.04%), Calcium: 44.8mg (4.48%), Selenium: 2.87µg (4.09%), Magnesium: 15.59mg (3.9%), Phosphorus: 36.37mg (3.64%), Folate: 12.55µg (3.14%), Vitamin B1: 0.02mg (1.54%), Zinc: 0.2mg (1.31%), Vitamin B6: 0.02mg (1.21%)