



## Raspberry Vinaigrette II

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



5 min.

SERVINGS



2

CALORIES



22 kcal

SIDE DISH

### Ingredients

- 1 tablespoon mint leaves fresh finely chopped
- 0.5 cup raspberry vinegar
- 1 teaspoon sugar white

### Equipment

### Directions

- Place vinegar in a container with tight lid.

Add sugar and mint, cover with lid, and shake to dissolve sugar. Stir in additional sugar (up to another teaspoon) if necessary to smooth out the vinegar flavor.

## Nutrition Facts



**PROTEIN 3.04%** **FAT 2.18%** **CARBS 94.78%**

### Properties

Glycemic Index:55.05, Glycemic Load:1.62, Inflammation Score:-1, Nutrition Score:0.93826085555813%

### Flavonoids

Eriodictyol: 0.77mg, Eriodictyol: 0.77mg, Eriodictyol: 0.77mg, Eriodictyol: 0.77mg Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg

### Nutrients (% of daily need)

Calories: 22kcal (1.1%), Fat: 0.03g (0.05%), Saturated Fat: 0.01g (0.04%), Carbohydrates: 2.92g (0.97%), Net Carbohydrates: 2.72g (0.99%), Sugar: 2.23g (2.48%), Cholesterol: 0mg (0%), Sodium: 3.78mg (0.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.09g (0.19%), Manganese: 0.18mg (8.91%), Vitamin A: 106.2IU (2.12%), Potassium: 57.88mg (1.65%), Iron: 0.25mg (1.38%), Magnesium: 4.99mg (1.25%), Calcium: 10.28mg (1.03%)