



## Raspberry Vinegar



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



73 kcal

SIDE DISH

### Ingredients



1 pint raspberries ripe



1 cup red wine vinegar ()

### Equipment



bowl



sieve

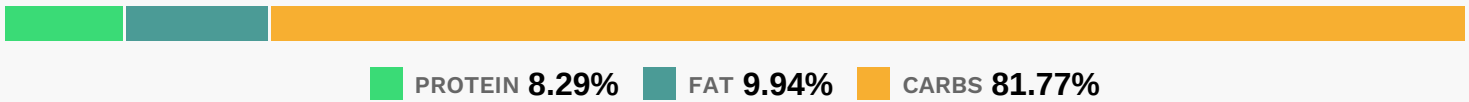


cheesecloth

# Directions

- ☐ Fill a clean pint jar with whole raspberries, pressing down slightly to fit in jar snugly.
- ☐ Add enough vinegar to cover raspberries. Cover mixture and let macerate at room temperature for 1 week.
- ☐ Set a strainer over a medium bowl; line with a double layer of cheesecloth.
- ☐ Pour vinegar mixture through strainer. Gather corners of cheesecloth and twist to release juices just until thicker juices begin to strain from cheesecloth. Discard cheesecloth with solids.
- ☐ Pour vinegar into a clean 8-ounce bottle or jar. Cover; chill up to 6 months.
- ☐ Bon Appétit

## Nutrition Facts



## Properties

Glycemic Index:6.5, Glycemic Load:1.66, Inflammation Score:-4, Nutrition Score:7.9865217766036%

## Flavonoids

Cyanidin: 54.14mg, Cyanidin: 54.14mg, Cyanidin: 54.14mg, Cyanidin: 54.14mg Petunidin: 0.37mg, Petunidin: 0.37mg, Petunidin: 0.37mg, Petunidin: 0.37mg Delphinidin: 1.56mg, Delphinidin: 1.56mg, Delphinidin: 1.56mg, Delphinidin: 1.56mg Malvidin: 0.15mg, Malvidin: 0.15mg, Malvidin: 0.15mg, Malvidin: 0.15mg Pelargonidin: 1.16mg, Pelargonidin: 1.16mg, Pelargonidin: 1.16mg, Pelargonidin: 1.16mg Peonidin: 0.14mg, Peonidin: 0.14mg, Peonidin: 0.14mg, Peonidin: 0.14mg Catechin: 1.55mg, Catechin: 1.55mg, Catechin: 1.55mg, Catechin: 1.55mg Epigallocatechin: 0.54mg, Epigallocatechin: 0.54mg, Epigallocatechin: 0.54mg, Epigallocatechin: 0.54mg Epicatechin: 4.16mg, Epicatechin: 4.16mg, Epicatechin: 4.16mg, Epicatechin: 4.16mg Epigallocatechin 3-gallate: 0.64mg, Epigallocatechin 3-gallate: 0.64mg, Epigallocatechin 3-gallate: 0.64mg, Epigallocatechin 3-gallate: 0.64mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 1.24mg, Quercetin: 1.24mg, Quercetin: 1.24mg, Quercetin: 1.24mg

## Nutrients (% of daily need)

Calories: 72.87kcal (3.64%), Fat: 0.77g (1.18%), Saturated Fat: 0.02g (0.14%), Carbohydrates: 14.24g (4.75%), Net Carbohydrates: 6.55g (2.38%), Sugar: 5.23g (5.81%), Cholesterol: 0mg (0%), Sodium: 5.96mg (0.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.44g (2.89%), Manganese: 0.82mg (41%), Vitamin C: 31.29mg (37.93%), Fiber: 7.69g (30.76%), Vitamin K: 9.23µg (8.79%), Magnesium: 28.41mg (7.1%), Vitamin E: 1.03mg (6.86%), Folate: 24.84µg (6.21%), Iron: 1.09mg (6.03%), Potassium: 201.93mg (5.77%), Copper: 0.11mg (5.62%), Phosphorus:

39.09mg (3.91%), Vitamin B5: 0.39mg (3.89%), Vitamin B3: 0.71mg (3.54%), Zinc: 0.51mg (3.43%), Calcium: 33.16mg (3.32%), Vitamin B6: 0.07mg (3.25%), Vitamin B2: 0.05mg (2.64%), Vitamin B1: 0.04mg (2.52%)