



Raspberry White Balsamic Vinaigrette



Vegetarian



Gluten Free



Dairy Free



Popular

READY IN



5 min.

SERVINGS



1

CALORIES



600 kcal

SIDE DISH

Ingredients

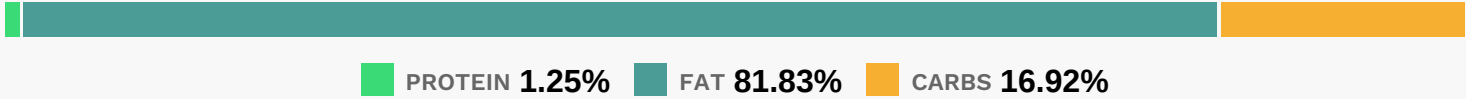
- ☐ 1 tablespoon dijon mustard
- ☐ 0.3 cup olive oil extra virgin
- ☐ 1 large clove garlic minced
- ☐ 1 teaspoon honey
- ☐ 0.5 cup raspberries fresh frozen thawed (or)
- ☐ 1 serving salt and pepper to taste
- ☐ 0.3 cup balsamic vinegar white

Equipment

Directions

☐ Mash the raspberries and mix everything.

Nutrition Facts



Properties

Glycemic Index:190.27, Glycemic Load:9.61, Inflammation Score:-3, Nutrition Score:9.8439129176347%

Flavonoids

Cyanidin: 27.46mg, Cyanidin: 27.46mg, Cyanidin: 27.46mg, Cyanidin: 27.46mg Petunidin: 0.19mg, Petunidin: 0.19mg, Petunidin: 0.19mg, Petunidin: 0.19mg Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg Pelargonidin: 0.59mg, Pelargonidin: 0.59mg, Pelargonidin: 0.59mg, Pelargonidin: 0.59mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 2.11mg, Epicatechin: 2.11mg, Epicatechin: 2.11mg, Epicatechin: 2.11mg Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg

Nutrients (% of daily need)

Calories: 599.56kcal (29.98%), Fat: 54.91g (84.48%), Saturated Fat: 7.5g (46.9%), Carbohydrates: 25.55g (8.52%), Net Carbohydrates: 20.93g (7.61%), Sugar: 18.17g (20.19%), Cholesterol: 0mg (0%), Sodium: 375.92mg (16.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.88g (3.76%), Vitamin E: 8.35mg (55.69%), Vitamin K: 37.46µg (35.68%), Manganese: 0.6mg (30.22%), Vitamin C: 16.75mg (20.3%), Fiber: 4.62g (18.49%), Iron: 1.5mg (8.31%), Selenium: 5.7µg (8.15%), Magnesium: 28.94mg (7.24%), Potassium: 200.75mg (5.74%), Phosphorus: 50.58mg (5.06%), Calcium: 48.17mg (4.82%), Copper: 0.09mg (4.67%), Vitamin B6: 0.08mg (4.11%), Vitamin B1: 0.05mg (3.57%), Folate: 13.88µg (3.47%), Zinc: 0.45mg (3%), Vitamin B5: 0.26mg (2.65%), Vitamin B3: 0.47mg (2.36%), Vitamin B2: 0.04mg (2.27%)