



Red Raspberry Wine Vinaigrette Dressing



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



5 min.

SERVINGS



10

CALORIES



82 kcal

SIDE DISH

Ingredients

- ☐ 1.5 cups canola oil
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 12 ounce raspberry puree
- ☐ 1 cup raspberry vinegar
- ☐ 10 servings salt and pepper black to taste

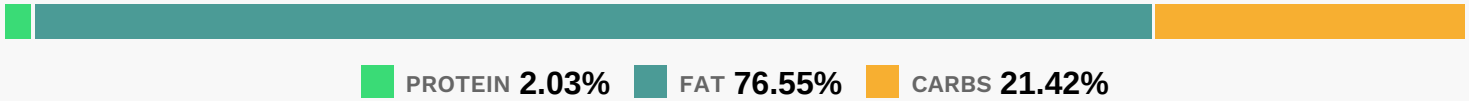
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ In a bowl, whisk together the raspberry puree and raspberry vinegar.
- ☐ Slowly drizzle in the oil and continue whisking until the dressing starts to look shiny, about 1 minute, then whisk in lemon juice, salt, and pepper.

Nutrition Facts



Properties

Glycemic Index:6.6, Glycemic Load:0.57, Inflammation Score:-2, Nutrition Score:3.0113043415806%

Flavonoids

Cyanidin: 15.57mg, Cyanidin: 15.57mg, Cyanidin: 15.57mg, Cyanidin: 15.57mg Petunidin: 0.11mg, Petunidin: 0.11mg, Petunidin: 0.11mg, Petunidin: 0.11mg Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Pelargonidin: 0.33mg, Pelargonidin: 0.33mg, Pelargonidin: 0.33mg, Pelargonidin: 0.33mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 1.2mg, Epicatechin: 1.2mg, Epicatechin: 1.2mg, Epicatechin: 1.2mg Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 82.44kcal (4.12%), Fat: 6.94g (10.68%), Saturated Fat: 0.5g (3.14%), Carbohydrates: 4.37g (1.46%), Net Carbohydrates: 2.16g (0.78%), Sugar: 1.64g (1.82%), Cholesterol: 0mg (0%), Sodium: 195.34mg (8.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.41g (0.83%), Manganese: 0.29mg (14.41%), Vitamin C: 9.49mg (11.51%), Vitamin E: 1.47mg (9.83%), Fiber: 2.22g (8.86%), Vitamin K: 7.44µg (7.09%), Magnesium: 8.77mg (2.19%), Potassium: 70.4mg (2.01%), Folate: 7.44µg (1.86%), Copper: 0.03mg (1.65%), Iron: 0.29mg (1.59%), Phosphorus: 11.9mg (1.19%), Vitamin B5: 0.11mg (1.14%), Calcium: 10.39mg (1.04%), Vitamin B3: 0.2mg (1.02%), Zinc: 0.15mg (1.02%)