



Red Wine Dressing

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



3

CALORIES



465 kcal

BEVERAGE

DRINK

Ingredients

- 1 bay leaf
- 1 tablespoon dijon mustard
- 0.5 teaspoon pepper freshly ground
- 0.3 cup port
- 2 cups red wine
- 0.3 cup red wine vinegar
- 2 cups safflower oil
- 0.5 teaspoon salt

- 1 star anise
- 2 tablespoons sugar

Equipment

- sauce pan
- blender

Directions

- Bring first 5 ingredients to a boil in a medium saucepan. Reduce heat, and simmer, stirring occasionally, 10 to 12 minutes or until reduced by half.
- Remove and discard anise and bay leaf.
- Process reduced wine mixture, vinegar, and next 3 ingredients in a blender until smooth. Turn blender on high, and gradually add oil in a slow, steady stream.
- Serve dressing with mixed salad greens or grilled fish. Store in the refrigerator.

Nutrition Facts

PROTEIN 0.57% **FAT 80.41%** **CARBS 19.02%**

Properties

Glycemic Index:51.36, Glycemic Load:6.27, Inflammation Score:-7, Nutrition Score:5.8534783325765%

Flavonoids

Cyanidin: 0.3mg, Cyanidin: 0.3mg, Cyanidin: 0.3mg, Cyanidin: 0.3mg Petunidin: 4.49mg, Petunidin: 4.49mg, Petunidin: 4.49mg, Petunidin: 4.49mg Delphinidin: 4mg, Delphinidin: 4mg, Delphinidin: 4mg, Delphinidin: 4mg Malvidin: 41.11mg, Malvidin: 41.11mg, Malvidin: 41.11mg, Malvidin: 41.11mg Peonidin: 2.79mg, Peonidin: 2.79mg, Peonidin: 2.79mg, Peonidin: 2.79mg Catechin: 13.4mg, Catechin: 13.4mg, Catechin: 13.4mg, Catechin: 13.4mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 7.58mg, Epicatechin: 7.58mg, Epicatechin: 7.58mg, Epicatechin: 7.58mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Hesperetin: 1.01mg, Hesperetin: 1.01mg, Hesperetin: 1.01mg, Hesperetin: 1.01mg Naringenin: 2.83mg, Naringenin: 2.83mg, Naringenin: 2.83mg, Naringenin: 2.83mg Apigenin: 0.21mg, Apigenin: 0.21mg, Apigenin: 0.21mg, Apigenin: 0.21mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.67mg, Myricetin: 0.67mg, Myricetin: 0.67mg, Myricetin: 0.67mg Quercetin:

2.05mg, Quercetin: 2.05mg, Quercetin: 2.05mg, Quercetin: 2.05mg Gallocatechin: 0.13mg, Gallocatechin: 0.13mg, Gallocatechin: 0.13mg, Gallocatechin: 0.13mg

Nutrients (% of daily need)

Calories: 464.65kcal (23.23%), Fat: 29.33g (45.12%), Saturated Fat: 2.21g (13.82%), Carbohydrates: 15.61g (5.2%), Net Carbohydrates: 15.25g (5.55%), Sugar: 10.61g (11.78%), Cholesterol: 0mg (0%), Sodium: 452.58mg (19.68%), Alcohol: 20.02g (100%), Alcohol %: 7.05% (100%), Protein: 0.47g (0.94%), Vitamin E: 9.93mg (66.22%), Manganese: 0.32mg (15.96%), Potassium: 246.52mg (7.04%), Magnesium: 25.38mg (6.35%), Iron: 1.13mg (6.28%), Vitamin B6: 0.1mg (4.92%), Phosphorus: 47.62mg (4.76%), Vitamin B2: 0.06mg (3.51%), Vitamin K: 3.32µg (3.17%), Selenium: 2.2µg (3.15%), Calcium: 22.97mg (2.3%), Vitamin B3: 0.44mg (2.22%), Copper: 0.04mg (2.04%), Zinc: 0.3mg (2%), Vitamin B1: 0.02mg (1.5%), Fiber: 0.36g (1.43%)