



## Roast Strawberry Balsamic Vinaigrette

 Vegetarian  Gluten Free  Dairy Free  Popular

READY IN



25 min.

SERVINGS



4

CALORIES



154 kcal

SIDE DISH

### Ingredients

- 0.3 cup balsamic vinegar
- 1 tablespoon dijon mustard
- 0.3 cup olive oil extra virgin
- 1 large clove garlic finely chopped
- 1 teaspoon honey
- 0.3 teaspoon pepper
- 0.3 teaspoon salt
- 1 cup strawberries

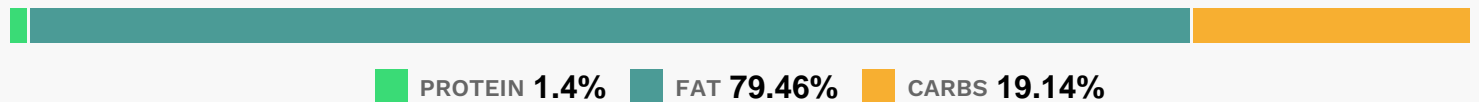
# Equipment

- food processor
- oven
- baking pan
- aluminum foil

# Directions

- Place the strawberries in a single layer on a baking pan lined with foil folded up on the sides to capture the juices. Roast the strawberries in a preheated 425F oven until they start to caramelize, about 15–20 minutes. Puree everything in a food processor until smooth.

# Nutrition Facts



# Properties

Glycemic Index:59.07, Glycemic Load:3.02, Inflammation Score:-2, Nutrition Score:3.6630434717821%

# Flavonoids

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# Nutrients (% of daily need)

Calories: 153.92kcal (7.7%), Fat: 13.74g (21.14%), Saturated Fat: 1.88g (11.75%), Carbohydrates: 7.45g (2.48%), Net Carbohydrates: 6.52g (2.37%), Sugar: 5.64g (6.27%), Cholesterol: 0mg (0%), Sodium: 191.11mg (8.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.54g (1.09%), Vitamin C: 21.43mg (25.97%), Vitamin E: 2.06mg (13.76%), Manganese: 0.21mg (10.29%), Vitamin K: 9.19µg (8.75%), Fiber: 0.93g (3.73%), Potassium: 84.3mg (2.41%), Iron: 0.43mg (2.39%), Folate: 8.98µg (2.25%), Magnesium: 8.83mg (2.21%), Selenium: 1.55µg (2.21%), Phosphorus: 17.13mg (1.71%), Vitamin B6: 0.03mg (1.48%), Calcium: 14.67mg (1.47%), Copper: 0.03mg (1.44%), Vitamin B1: 0.02mg (1.16%)