



Sherry-Fig Vinaigrette



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



32

CALORIES



15 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 1 teaspoon rosemary dried
- ☐ 15 ounce figs whole drained canned
- ☐ 1 garlic clove
- ☐ 2 teaspoons grapeseed oil
- ☐ 0.3 teaspoon kosher salt
- ☐ 0.3 cup orange juice fresh
- ☐ 0.3 cup sherry vinegar

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2 teaspoons sugar

Equipment

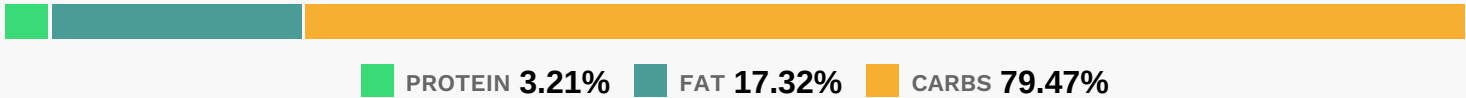
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food processor

Directions

- ☐ With food processor on, drop garlic through food chute; process until finely chopped.
- ☐ Add vinegar and remaining ingredients; process until smooth.

Nutrition Facts



Properties

Glycemic Index:11.53, Glycemic Load:1.61, Inflammation Score:-1, Nutrition Score:0.5556521738029%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Catechin: 0.21mg, Catechin: 0.21mg, Catechin: 0.21mg, Catechin: 0.21mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Hesperetin: 0.23mg, Hesperetin: 0.23mg, Hesperetin: 0.23mg, Hesperetin: 0.23mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg

Nutrients (% of daily need)

Calories: 14.58kcal (0.73%), Fat: 0.3g (0.46%), Saturated Fat: 0.03g (0.21%), Carbohydrates: 3.06g (1.02%), Net Carbohydrates: 2.66g (0.97%), Sugar: 2.58g (2.87%), Cholesterol: 0mg (0%), Sodium: 18.55mg (0.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.12g (0.25%), Fiber: 0.4g (1.6%), Vitamin C: 1.28mg (1.55%), Manganese: 0.02mg (1.2%), Potassium: 36.51mg (1.04%)