



Spicy Raspberry Balsamic Dressing

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



65 min.

SERVINGS



6

CALORIES



73 kcal

SIDE DISH

Ingredients

- 0.3 cup balsamic vinegar
- 0.3 teaspoon cayenne pepper
- 0.3 teaspoon mustard dry
- 0.5 teaspoon ground pepper black
- 0.5 cup olive oil
- 0.5 teaspoon onion powder
- 1 tablespoon raspberry preserves
- 0.5 teaspoon salt

1 tablespoon sesame oil

Equipment

bowl

whisk

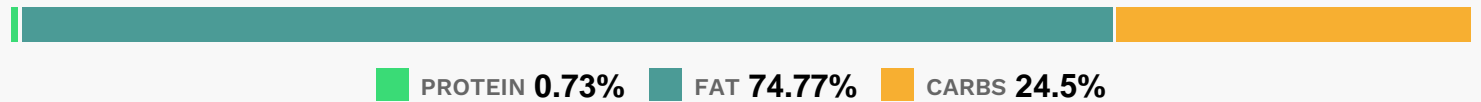
plastic wrap

Directions

Whisk olive oil, balsamic vinegar, sesame oil, raspberry preserves, salt, onion powder, black pepper, cayenne pepper, and dry mustard in a bowl until thick and smooth.

Cover bowl with plastic wrap; refrigerate at least 1 hour.

Nutrition Facts



Properties

Glycemic Index:28.17, Glycemic Load:2.18, Inflammation Score:-1, Nutrition Score:0.67434783458062%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg

Nutrients (% of daily need)

Calories: 72.74kcal (3.64%), Fat: 5.99g (9.21%), Saturated Fat: 0.84g (5.22%), Carbohydrates: 4.42g (1.47%), Net Carbohydrates: 4.28g (1.56%), Sugar: 3.23g (3.59%), Cholesterol: 0mg (0%), Sodium: 197.56mg (8.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.13g (0.26%), Vitamin E: 0.59mg (3.91%), Vitamin K: 2.84µg (2.7%), Manganese: 0.04mg (2.14%)