



Healthdor

[All Recipes](#)

[AI Recipe Builder](#)

[Similar Recipes](#)

Fat Free Raspberry Vinaigrette · ·

A delicious and healthy raspberry vinaigrette dressing that is completely fat-free. Perfect for adding flavor to salads and other dishes.

Recipe Type: Vegan

Prep Time: 10 mins

Cook Time: N/A

Total Time: 10 mins

Recipe Yield: 200 grams

Number of Servings: 10

Serving Size: 20 g

Ingredients

200 g	Raspberries
4 tbsp	red wine vinegar
2 tsp	dijon mustard
2 tbsp	honey
1 tsp	Salt
1 tsp	Black pepper

Directions

Step 1

Blender

In a blender, combine raspberries, red wine vinegar, Dijon mustard, honey, salt, and black pepper.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Blender

Blend until smooth and well combined.

Prep Time: 0 mins

Cook Time: 0 mins

Step 3

Taste and adjust seasoning if necessary.

Prep Time: 0 mins

Cook Time: 0 mins

Step 4

Refrigerating

Transfer the vinaigrette to a jar or bottle and refrigerate until ready to use.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 30 kcal

Fat: 0 g

Protein: 1 g

Carbohydrates: 7 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	1 g	5.88%	5.88%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
----------	-------	------------------------	--------------------------

Carbohydrates	7 g	12.73%	14%
Fibers	2 g	5.26%	8%
Sugars	5 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	0 g	N/A	N/A
Saturated Fat	0 g	0%	0%
Fat	0 g	0%	0%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	2 iu	0.22%	0.29%
Vitamin C	20 mg	22.22%	26.67%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	0 mg	0%	0%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	390 mg	16.96%	16.96%
Calcium	2 mg	0.2%	0.2%
Iron	2 mg	25%	11.11%
Potassium	70 mg	2.06%	2.69%
Zinc	0 mg	0%	0%
Selenium	0 mcg	0%	0%

Recipe Attributes

Seasonality

Fall

Kitchen Tools

Slow Cooker

Blender

Nutritional Content

Low Calorie

Cuisines

Italian

Diet

Anti-Inflammatory Diet

Course

Sauces & Dressings

Salads

Cultural

Chinese New Year

Cinco de Mayo

Diwali

Hanukkah

Oktoberfest

Passover

Ramadan

St. Patrick's Day

Thanksgiving

Christmas

Easter

Halloween

Meal Type

Brunch

Lunch

Dinner

Snack

Supper

Difficulty Level

Medium

Visit our website: healthdor.com