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Blueberry Pomegranate Dressing ♦

This tangy and refreshing dressing is perfect for adding a burst of flavor to any salad. Made with fresh blueberries and pomegranate juice, it's a healthy and delicious option for vegans and vegetarians.

Recipe Type: Vegan

Prep Time: 10 mins

Cook Time: N/A

Total Time: 10 mins

Recipe Yield: 250 grams

Number of Servings: 10

Serving Size: 25 g

Ingredients

100 g	fresh blueberries
150 ml	pomegranate juice
50 ml	Olive oil
30 ml	Apple Cider Vinegar
15 ml	Maple syrup

2 tsp	dijon mustard
1 tsp	Salt
1 tsp	Black pepper

Directions

Step 1

Blender

In a blender, combine the fresh blueberries, pomegranate juice, olive oil, apple cider vinegar, maple syrup, Dijon mustard, 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 needed.

Prep Time: 0 mins

Cook Time: 0 mins

Step 4

Refrigerating

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

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 50 kcal

Fat: 4 g

Protein: 0 g

Carbohydrates: 4 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Protein	0 g	0%	0%
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Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	4 g	7.27%	8%
Fibers	1 g	2.63%	4%
Sugars	3 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	2 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	4 g	14.29%	16%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	0 iu	0%	0%
Vitamin C	4 mg	4.44%	5.33%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	150 mg	6.52%	6.52%
Calcium	0 mg	0%	0%
Iron	0 mg	0%	0%
Potassium	2 mg	0.06%	0.08%
Zinc	0 mg	0%	0%
Selenium	0 mcg	0%	0%

Recipe Attributes

Seasonality

Summer Fall

Events

Christmas Easter Thanksgiving Birthday Wedding Halloween
Valentine's Day Mother's Day Father's Day New Year Anniversary

Baby Shower

Bridal Shower

Graduation

Back to School

Barbecue

Picnic

Game Day

Course

Salads

Soups

Sauces & Dressings

Difficulty Level

Medium

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