



Healthdor

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Low-Fat Blueberry Pomegranate Vinaigrette ••

A delicious and healthy vinaigrette made with fresh blueberries and pomegranate juice. Perfect for salads and as a marinade.

Recipe Type: Vegetarian

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

150 g	blueberries
100 ml	pomegranate juice
50 ml	olive oil
30 ml	white wine vinegar
15 g	honey

2 tsp	dijon mustard
1 tsp	salt
1 tsp	black pepper

Directions

Step 1

Blender

In a blender, combine the blueberries, pomegranate juice, olive oil, white wine vinegar, honey, 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: 1 mins

Cook Time: 0 mins

Step 3

Taste and adjust seasoning if needed.

Prep Time: 1 mins

Cook Time: 0 mins

Step 4

Refrigerating

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

Prep Time: 3 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 50 kcal

Fat: 3 g

Protein: 0 g

Carbohydrates: 6 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	6 g	10.91%	12%
Fibers	1 g	2.63%	4%
Sugars	4 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	0 g	0%	0%
Fat	3 g	10.71%	12%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	5 iu	0.56%	0.71%
Vitamin C	10 mg	11.11%	13.33%

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	1 mg	0.1%	0.1%
Iron	1 mg	12.5%	5.56%
Potassium	40 mg	1.18%	1.54%
Zinc	0 mg	0%	0%
Selenium	0 mcg	0%	0%

Recipe Attributes

Seasonality

Summer Fall

Cuisines

Italian Indian French Thai

Course

Salads

Sauces & Dressings

Cultural

Chinese New Year

Diwali

Cost

Under \$10

Demographics

Pregnancy Safe

Lactation Friendly

Diabetic Friendly

Heart Healthy

Diet

Mediterranean Diet

DASH Diet (Dietary Approaches to Stop Hypertension)

Flexitarian Diet

Weight Watchers (WW) Diet

MIND Diet (Mediterranean-DASH Diet Intervention for Neurodegenerative Delay)

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Medium

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