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Blueberry Balsamic Vinaigrette Salad Dressing •

A tangy and sweet salad dressing made with fresh blueberries and balsamic vinegar. Perfect for adding a burst of flavor to your favorite salads.

Recipe Type: Vegan

Prep Time: 10 mins

Cook Time: N/A

Total Time: 10 mins

Recipe Yield: 200 grams

Number of Servings: 4

Serving Size: 50 g

Ingredients

100 g	fresh blueberries
60 ml	balsamic vinegar
30 ml	extra virgin olive oil
15 g	Honey
1 tsp	dijon mustard

0.5 tsp Salt

0.25
tsp Black pepper

Directions

Step 1

Blender

In a blender, combine the blueberries, balsamic vinegar, olive oil, honey, Dijon mustard, salt, and black pepper.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Blender

Blend until smooth and creamy.

Prep Time: 0 mins

Cook Time: 0 mins

Step 3

Taste and adjust the 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: 160 kcal

Fat: 14 g

Protein: 1 g

Carbohydrates: 8 g

Nutrition Facts

Proteins

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

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	8 g	14.55%	16%
Fibers	1 g	2.63%	4%
Sugars	6 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	4 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	14 g	50%	56%
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	8 mg	8.89%	10.67%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	10 mg	66.67%	66.67%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	200 mg	8.7%	8.7%
Calcium	2 mg	0.2%	0.2%
Iron	4 mg	50%	22.22%
Potassium	100 mg	2.94%	3.85%
Zinc	0 mg	0%	0%
Selenium	0 mcg	0%	0%

Recipe Attributes

Seasonality

Summer Fall

Events

Easter Thanksgiving Barbecue

Course

Salads

Sauces & Dressings

Diet

Low Glycemic Index Diet

Low Sodium Diet

The Fast Metabolism Diet

Nutrient Timing Diet

The Scarsdale Diet

The Cabbage Soup Diet

The Mayo Clinic Diet

The Beverly Hills Diet

The Grapefruit Diet

The Baby Food Diet

The 3-Hour Diet

The Master Cleanse Diet

The 3-Day Diet

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Easy

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