

# Fat-Free Fresh Raspberry Vinaigrette

## Ingredients:

- 1 cup raspberries (fresh or frozen)
- 1/4 cup apple cider vinegar
- 1/4 cup white wine vinegar
- 1 tablespoon Dijon mustard
- 1 tablespoon honey
- 1/4 teaspoon kosher salt
- 1/8 teaspoon black pepper

## Directions:

1. By blender: Add everything except the oil to the blender and mix until combined. With the blender running, add the oil in a thin stream through the hole in the blender lid. Blend until well mixed.
2. By hand: In a bowl, whisk together everything except the oil. Continue whisking while adding the oil in a thin stream. Keep whisking until well combined.

Nutrition Facts			
Serving Size 2 tablespoons (14g)			
Servings Per Container 20			
Amount Per Serving			
Calories 10		Calories from Fat 0	
		% Daily Value*	
Total Fat 0g		0%	
Saturated Fat 0g		0%	
Trans Fat 0g			
Cholesterol 0mg		0%	
Sodium 40mg		2%	
Total Carbohydrate 2g		1%	
Dietary Fiber 0g		0%	
Sugars 1g			
Protein 0g			
Vitamin A 0%		• Vitamin C 2%	
Calcium 0%		• Iron 0%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

For more information, please contact:

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