



Black Pepper-Pineapple Vinaigrette



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



5

CALORIES



154 kcal

SIDE DISH

Ingredients



0.5 teaspoon peppercorns black



0.5 cup juice of lime



2 tablespoons vegetable oil; peanut oil preferred



1 medium pineapple diced peeled



0.5 cup rice wine vinegar



3 star anise

Equipment



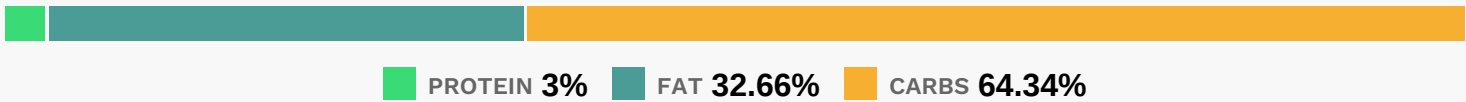
food processor

☐ blender

Directions

- ☐ Process all ingredients in a food processor or blender until smooth, and chill.
- ☐ Serve with crab cakes, shrimp, or fish, or as a dressing for fruit salad.

Nutrition Facts



Properties

Glycemic Index:29.13, Glycemic Load:12.49, Inflammation Score:-5, Nutrition Score:12.608695556288%

Flavonoids

Eriodictyol: 0.53mg, Eriodictyol: 0.53mg, Eriodictyol: 0.53mg, Eriodictyol: 0.53mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg

Nutrients (% of daily need)

Calories: 153.77kcal (7.69%), Fat: 5.94g (9.14%), Saturated Fat: 0.97g (6.09%), Carbohydrates: 26.34g (8.78%), Net Carbohydrates: 23.51g (8.55%), Sugar: 18.25g (20.28%), Cholesterol: 0mg (0%), Sodium: 2.99mg (0.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.23g (2.46%), Vitamin C: 93.9mg (113.82%), Manganese: 1.77mg (88.31%), Fiber: 2.83g (11.32%), Copper: 0.22mg (10.92%), Vitamin B6: 0.22mg (10.85%), Vitamin B1: 0.15mg (10.1%), Folate: 35.13µg (8.78%), Potassium: 240.61mg (6.87%), Vitamin E: 0.97mg (6.49%), Magnesium: 25.68mg (6.42%), Vitamin B3: 0.96mg (4.81%), Iron: 0.82mg (4.56%), Vitamin B5: 0.43mg (4.26%), Vitamin B2: 0.06mg (3.77%), Calcium: 34.27mg (3.43%), Vitamin A: 121.35IU (2.43%), Phosphorus: 22.22mg (2.22%), Vitamin K: 2.17µg (2.07%), Zinc: 0.28mg (1.84%)