



Blood Orange Vinaigrette

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



6

CALORIES



67 kcal

SIDE DISH

Ingredients

- 0.5 teaspoon pepper black freshly ground
- 0.8 cup blood orange juice freshly squeezed (from 3 to 4 medium oranges)
- 0.5 teaspoon blood orange zest finely grated
- 1 teaspoon kosher salt
- 2 tablespoons juice of lemon freshly squeezed
- 2 tablespoons shallots finely chopped
- 0.8 cup vegetable oil
- 2 teaspoons coarse mustard

Equipment

bowl

whisk

Directions

Place all of the ingredients except the oil in a medium, nonreactive bowl and whisk to combine. While whisking continuously, add the oil in a slow, steady stream until it's fully incorporated. Refrigerate in a container with a tightfitting lid for up to 4 days.

Nutrition Facts

  
 **PROTEIN 2.37%**  **FAT 72.22%**  **CARBS 25.41%**

Properties

Glycemic Index:24.33, Glycemic Load:1.81, Inflammation Score:-2, Nutrition Score:2.5139130328013%

Flavonoids

Eriodictyol: 0.3mg, Eriodictyol: 0.3mg, Eriodictyol: 0.3mg, Eriodictyol: 0.3mg Hesperetin: 4.43mg, Hesperetin: 4.43mg, Hesperetin: 4.43mg, Hesperetin: 4.43mg Naringenin: 0.73mg, Naringenin: 0.73mg, Naringenin: 0.73mg, Naringenin: 0.73mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 67.46kcal (3.37%), Fat: 5.59g (8.6%), Saturated Fat: 0.85g (5.3%), Carbohydrates: 4.43g (1.48%), Net Carbohydrates: 4.09g (1.49%), Sugar: 3.02g (3.35%), Cholesterol: 0mg (0%), Sodium: 406.72mg (17.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.41g (0.82%), Vitamin C: 18.27mg (22.14%), Vitamin K: 10.38µg (9.88%), Vitamin E: 0.48mg (3.17%), Folate: 11.7µg (2.93%), Potassium: 83.95mg (2.4%), Vitamin B1: 0.03mg (2.33%), Manganese: 0.04mg (2.19%), Vitamin B6: 0.03mg (1.43%), Magnesium: 5.6mg (1.4%), Fiber: 0.34g (1.36%), Vitamin A: 66.25IU (1.33%), Copper: 0.02mg (1.08%)