



Blood Orange Vinaigrette



Vegetarian



Gluten Free



Dairy Free

READY IN



4 min.

SERVINGS



16

CALORIES



19 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 0.3 cup blood orange juice
- ☐ 1 teaspoon dijon mustard
- ☐ 2 tablespoons honey
- ☐ 1 tablespoon olive oil
- ☐ 0.1 teaspoon salt
- ☐ 1 tablespoon shallots minced

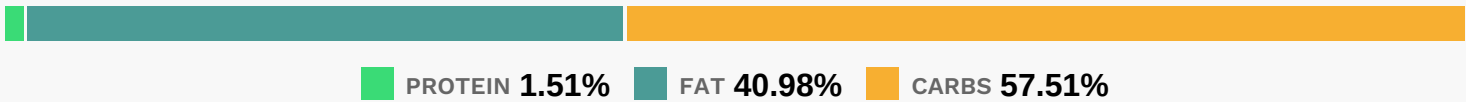
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Combine all ingredients in a small bowl, stirring well with a whisk.

Nutrition Facts



Properties

Glycemic Index:12.39, Glycemic Load:1.43, Inflammation Score:-1, Nutrition Score:0.3756521768544%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.62mg, Hesperetin: 0.62mg, Hesperetin: 0.62mg, Hesperetin: 0.62mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 18.72kcal (0.94%), Fat: 0.9g (1.38%), Saturated Fat: 0.12g (0.77%), Carbohydrates: 2.83g (0.94%), Net Carbohydrates: 2.78g (1.01%), Sugar: 2.64g (2.94%), Cholesterol: 0mg (0%), Sodium: 21.86mg (0.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.07g (0.15%), Vitamin C: 2.65mg (3.21%)