



Caper and Lime Vinaigrette

☒ Vegetarian ☒ Vegan ☒ Gluten Free ☒ Dairy Free

READY IN

ready

10 min.

SERVINGS

servings

4

CALORIES

calories

126 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons capers
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 1 clove garlic minced
- ☐ 4 servings salt and ground pepper black to taste
- ☐ 2 juice of lime juiced
- ☐ 0.3 cup olive oil

Equipment

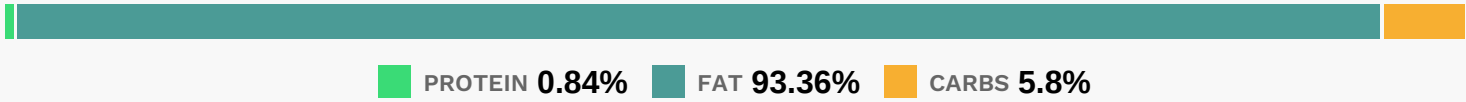
- ☐ bowl

whisk

Directions

Whisk olive oil, lime juice, capers, parsley, garlic, salt, and pepper together in a bowl.

Nutrition Facts



Properties

Glycemic Index:23.5, Glycemic Load:0.1, Inflammation Score:-3, Nutrition Score:3.497391216133%

Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 5.29mg, Kaempferol: 5.29mg, Kaempferol: 5.29mg, Kaempferol: 5.29mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 7mg, Quercetin: 7mg, Quercetin: 7mg, Quercetin: 7mg

Nutrients (% of daily need)

Calories: 126.1kcal (6.3%), Fat: 13.57g (20.87%), Saturated Fat: 1.88g (11.74%), Carbohydrates: 1.9g (0.63%), Net Carbohydrates: 1.6g (0.58%), Sugar: 0.29g (0.33%), Cholesterol: 0mg (0%), Sodium: 112.6mg (4.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.27g (0.55%), Vitamin K: 42.18µg (40.17%), Vitamin E: 2.03mg (13.53%), Vitamin C: 7.57mg (9.17%), Vitamin A: 182.11IU (3.64%), Manganese: 0.03mg (1.72%), Iron: 0.3mg (1.68%), Folate: 5.5µg (1.37%), Copper: 0.03mg (1.28%), Fiber: 0.29g (1.18%)