



Chile-Cilantro Dressing



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



16

CALORIES



25 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.1 teaspoon pepper black
- ☐ 4.5 ounce chiles green undrained chopped canned
- ☐ 2 tablespoons canola oil
- ☐ 2 tablespoons pumpkinseed kernels unsalted toasted
- ☐ 0.5 cup yogurt plain fat-free
- ☐ 1.5 teaspoons feta cheese crumbled reduced-fat
- ☐ 1 cup cilantro leaves fresh chopped
- ☐ 1 garlic clove chopped

- ☐ 2 tablespoons red wine vinegar
- ☐ 0.3 teaspoon salt
- ☐ 2 tablespoons water

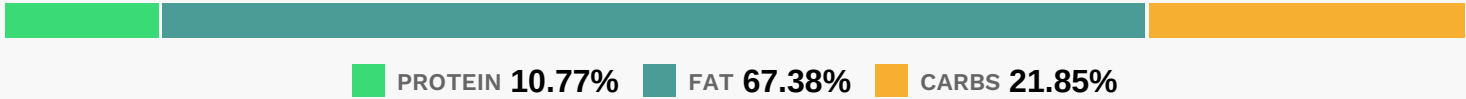
Equipment

- ☐ bowl
- ☐ whisk
- ☐ blender

Directions

- ☐ Place the first 8 ingredients in a blender; process 15 seconds. Gradually add cilantro; process until smooth.
- ☐ Combine 2 tablespoons water and yogurt in a small bowl, stirring with a whisk until smooth.
- ☐ Add cilantro mixture; stir well.

Nutrition Facts



Properties

Glycemic Index:5.88, Glycemic Load:0.02, Inflammation Score:-1, Nutrition Score:1.1686956454878%

Flavonoids

Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg

Nutrients (% of daily need)

Calories: 24.57kcal (1.23%), Fat: 1.87g (2.88%), Saturated Fat: 0.18g (1.11%), Carbohydrates: 1.37g (0.46%), Net Carbohydrates: 1.16g (0.42%), Sugar: 0.7g (0.77%), Cholesterol: 0.4mg (0.13%), Sodium: 82.54mg (3.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.67g (1.35%), Vitamin K: 4.39µg (4.18%), Vitamin C: 3.16mg (3.83%), Vitamin E: 0.33mg (2.22%), Calcium: 19.43mg (1.94%), Folate: 6.54µg (1.63%), Vitamin A: 79IU (1.58%), Phosphorus: 14.69mg (1.47%), Vitamin B2: 0.02mg (1.4%), Potassium: 37.88mg (1.08%)