

Chili Lime Vinaigrette Dressing



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



490 min.

SERVINGS



7

CALORIES



259 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 cup brown sugar packed
- ☐ 0.3 cup garlic minced
- ☐ 3.8 cups juice of lime
- ☐ 0.8 cup olive oil
- ☐ 0.3 cup pepper flakes red
- ☐ 1.8 cups soya sauce

Equipment

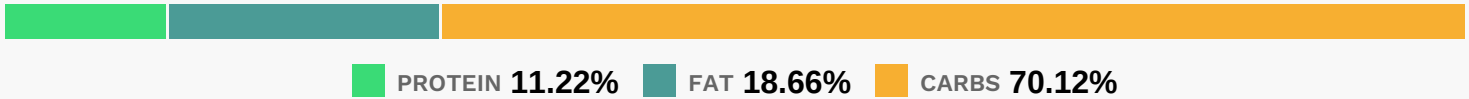
- ☐ bowl

- ☐ whisk
- ☐ plastic wrap

Directions

- ☐ Whisk lime juice, soy sauce, brown sugar, olive oil, garlic, and red pepper flakes together in a bowl until creamy and smooth. Cover bowl with plastic wrap and refrigerate overnight to 8 hours.

Nutrition Facts



Properties

Glycemic Index:6.43, Glycemic Load:0.87, Inflammation Score:-9, Nutrition Score:14.819130524345%

Flavonoids

Eriodictyol: 2.84mg, Eriodictyol: 2.84mg, Eriodictyol: 2.84mg, Eriodictyol: 2.84mg Hesperetin: 11.63mg, Hesperetin: 11.63mg, Hesperetin: 11.63mg, Hesperetin: 11.63mg Naringenin: 0.49mg, Naringenin: 0.49mg, Naringenin: 0.49mg, Naringenin: 0.49mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg

Nutrients (% of daily need)

Calories: 258.62kcal (12.93%), Fat: 6.01g (9.24%), Saturated Fat: 0.87g (5.42%), Carbohydrates: 50.79g (16.93%), Net Carbohydrates: 46.76g (17%), Sugar: 34.32g (38.13%), Cholesterol: 0mg (0%), Sodium: 3390.76mg (147.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.12g (16.25%), Vitamin A: 2570.56IU (51.41%), Vitamin C: 40.47mg (49.05%), Manganese: 0.56mg (27.89%), Vitamin E: 4.18mg (27.86%), Vitamin B6: 0.42mg (20.77%), Iron: 3.29mg (18.28%), Vitamin B3: 3.52mg (17.62%), Fiber: 4.03g (16.1%), Potassium: 500.73mg (14.31%), Phosphorus: 127.59mg (12.76%), Magnesium: 50.2mg (12.55%), Vitamin K: 12.58µg (11.98%), Copper: 0.23mg (11.35%), Vitamin B2: 0.19mg (11.32%), Calcium: 92.56mg (9.26%), Folate: 26.23µg (6.56%), Vitamin B1: 0.1mg (6.5%), Vitamin B5: 0.52mg (5.23%), Zinc: 0.78mg (5.21%), Selenium: 3.38µg (4.83%)