



Chili-Orange Dressing



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



141 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 clove garlic minced
- ☐ 2 teaspoons jalapeño chili fresh minced
- ☐ 2 tablespoons orange juice
- ☐ 2 tablespoons salad oil
- ☐ 0.3 cup seasoned rice vinegar

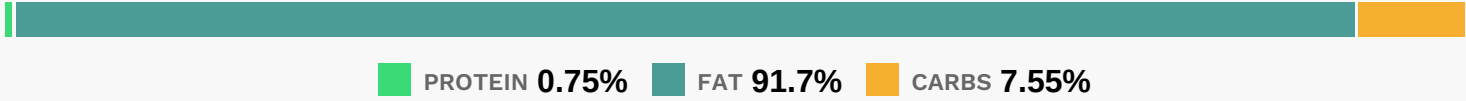
Equipment

- ☐ bowl

Directions

☐ In a small bowl, mix vinegar, oil, orange juice, chili, and garlic.

Nutrition Facts



Properties

Glycemic Index:82, Glycemic Load:1.11, Inflammation Score:-2, Nutrition Score:2.7926086751015%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 2.03mg, Hesperetin: 2.03mg, Hesperetin: 2.03mg, Hesperetin: 2.03mg Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 140.83kcal (7.04%), Fat: 14.06g (21.63%), Saturated Fat: 1.04g (6.5%), Carbohydrates: 2.6g (0.87%), Net Carbohydrates: 2.4g (0.87%), Sugar: 1.66g (1.85%), Cholesterol: 0mg (0%), Sodium: 1.21mg (0.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.26g (0.52%), Vitamin C: 14.9mg (18.06%), Vitamin E: 2.64mg (17.58%), Vitamin K: 10.95µg (10.43%), Manganese: 0.05mg (2.49%), Vitamin B6: 0.05mg (2.32%), Vitamin A: 88.04IU (1.76%), Folate: 6.49µg (1.62%), Potassium: 53.05mg (1.52%), Vitamin B1: 0.02mg (1.35%)