



Cilantro-Chile Dressing



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



15

CALORIES



30 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 2 garlic cloves chopped
- ☐ 0.3 teaspoon pepper
- ☐ 0.3 cup rice wine vinegar
- ☐ 0.5 teaspoon salt
- ☐ 1 serrano chile seeded coarsely chopped
- ☐ 2 teaspoons sugar
- ☐ 1 cup vegetable oil

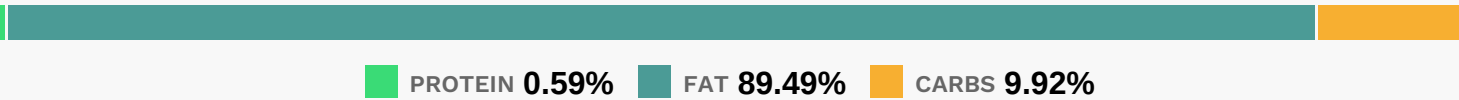
Equipment

- ☐ food processor
- ☐ blender

Directions

- ☐ Process first 7 ingredients in a food processor or blender until combined, stopping to scrape down sides. With processor running, pour oil in a slow, steady stream; process until thickened.

Nutrition Facts



Properties

Glycemic Index:14.27, Glycemic Load:0.42, Inflammation Score:-1, Nutrition Score:0.51086955355561%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 29.66kcal (1.48%), Fat: 2.92g (4.48%), Saturated Fat: 0.44g (2.78%), Carbohydrates: 0.73g (0.24%), Net Carbohydrates: 0.69g (0.25%), Sugar: 0.56g (0.62%), Cholesterol: 0mg (0%), Sodium: 77.91mg (3.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.04g (0.09%), Vitamin K: 6.56µg (6.24%), Vitamin E: 0.25mg (1.67%)