



Cilantro-Jalapeño Vinaigrette

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



3

CALORIES



222 kcal

SIDE DISH

Ingredients

- 1 cup cilantro leaves fresh
- 2 tablespoons ginger fresh minced
- 1 jalapeño chile diced seeded
- 0.5 teaspoon salt
- 0.3 cup vegetable oil
- 2 tablespoons citrus champagne vinegar

Equipment

- blender

Directions

- ☐ Process first 5 ingredients in a blender until smooth. With blender running, gradually add oil in a slow, steady stream; process until smooth. Cover and chill until ready to serve.

Nutrition Facts

 PROTEIN **0.44%**  FAT **97.16%**  CARBS **2.4%**

Properties

Glycemic Index:26.33, Glycemic Load:0.18, Inflammation Score:-4, Nutrition Score:4.6726086910652%

Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Quercetin: 3.06mg, Quercetin: 3.06mg, Quercetin: 3.06mg, Quercetin: 3.06mg

Nutrients (% of daily need)

Calories: 222.34kcal (11.12%), Fat: 24.3g (37.39%), Saturated Fat: 3.71g (23.18%), Carbohydrates: 1.36g (0.45%), Net Carbohydrates: 0.98g (0.36%), Sugar: 0.32g (0.35%), Cholesterol: 0mg (0%), Sodium: 391.58mg (17.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.25g (0.49%), Vitamin K: 61.95µg (59%), Vitamin E: 2.29mg (15.29%), Vitamin C: 7.26mg (8.8%), Vitamin A: 410.2IU (8.2%), Manganese: 0.04mg (2.18%), Potassium: 62.71mg (1.79%), Vitamin B6: 0.04mg (1.75%), Fiber: 0.37g (1.49%), Copper: 0.03mg (1.3%), Folate: 5.08µg (1.27%), Magnesium: 4.5mg (1.13%), Iron: 0.19mg (1.04%)