



Cilantro-Lime Dressing



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



78 kcal

SIDE DISH

Ingredients

- ☐ 1 teaspoon pepper black freshly ground
- ☐ 0.3 cup cider vinegar
- ☐ 0.3 cup cilantro leaves fresh
- ☐ 1 teaspoon honey
- ☐ 1 teaspoon kosher salt
- ☐ 0.3 cup juice of lime fresh
- ☐ 1.5 cups olive oil

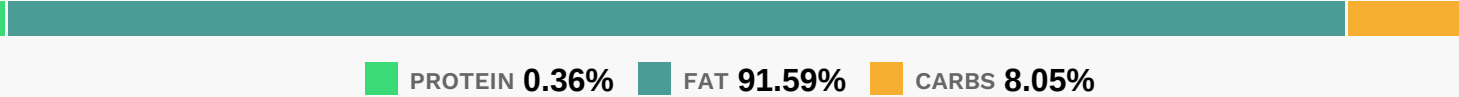
Equipment

blender

Directions

Process first 6 ingredients in a blender until smooth. Turn blender on high; gradually add oil in a slow, steady stream.

Nutrition Facts



Properties

Glycemic Index:19.53, Glycemic Load:0.44, Inflammation Score:-1, Nutrition Score:1.0969565188431%

Flavonoids

Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg Hesperetin: 0.68mg, Hesperetin: 0.68mg, Hesperetin: 0.68mg, Hesperetin: 0.68mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

Nutrients (% of daily need)

Calories: 78.47kcal (3.92%), Fat: 8.12g (12.49%), Saturated Fat: 1.12g (7.01%), Carbohydrates: 1.61g (0.54%), Net Carbohydrates: 1.5g (0.54%), Sugar: 0.88g (0.98%), Cholesterol: 0mg (0%), Sodium: 291.69mg (12.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.07g (0.14%), Vitamin E: 1.2mg (7.99%), Vitamin K: 6.88µg (6.55%), Vitamin C: 2.41mg (2.92%), Manganese: 0.06mg (2.77%)