



Cilantro-Lime Vinaigrette



Vegetarian



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



10

CALORIES



57 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup apple cider vinegar
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 1 tablespoon honey
- ☐ 2 tablespoons juice of lime
- ☐ 1 teaspoon lime zest grated
- ☐ 0.3 cup olive oil
- ☐ 0.3 teaspoon salt

Equipment

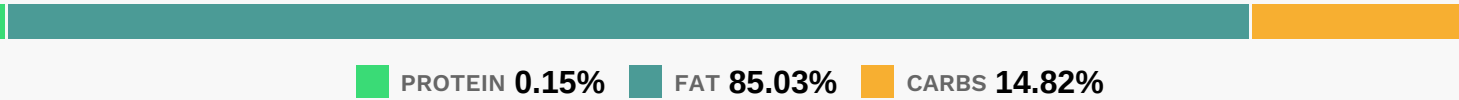
☐

whisk

Directions

- ☐ Whisk together first 6 ingredients; add oil in a slow, steady stream, whisking constantly until smooth.
- ☐ Whisk well before serving.

Nutrition Facts



Properties

Glycemic Index:15.63, Glycemic Load:0.95, Inflammation Score:-1, Nutrition Score:0.59434781466489%

Flavonoids

Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 57.46kcal (2.87%), Fat: 5.4g (8.31%), Saturated Fat: 0.75g (4.66%), Carbohydrates: 2.12g (0.71%), Net Carbohydrates: 2.09g (0.76%), Sugar: 1.83g (2.03%), Cholesterol: 0mg (0%), Sodium: 59.03mg (2.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.02g (0.04%), Vitamin E: 0.79mg (5.24%), Vitamin K: 3.52µg (3.35%), Manganese: 0.03mg (1.62%), Vitamin C: 0.99mg (1.2%)