



Cilantro-Lime Vinaigrette



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



3

CALORIES



129 kcal

SIDE DISH

Ingredients

- ☐ 2 teaspoons cilantro leaves fresh finely chopped
- ☐ 1 garlic clove minced
- ☐ 0.3 teaspoon pepper
- ☐ 0.3 cup juice of lime fresh
- ☐ 2 tablespoons olive oil
- ☐ 3 tablespoons rice vinegar
- ☐ 0.3 teaspoon salt
- ☐ 1 shallots minced

☐ 2 tablespoons sugar

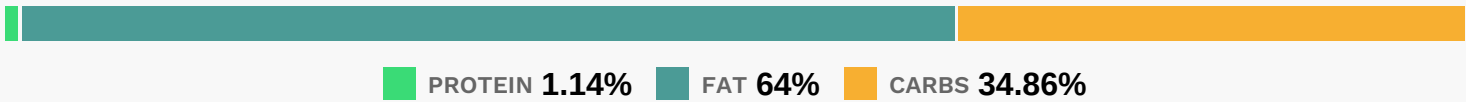
Equipment

☐ whisk

Directions

☐ Whisk together all ingredients until blended.

Nutrition Facts



Properties

Glycemic Index:81.36, Glycemic Load:6.04, Inflammation Score:-1, Nutrition Score:1.8843478392%

Flavonoids

Eriodictyol: 0.44mg, Eriodictyol: 0.44mg, Eriodictyol: 0.44mg, Eriodictyol: 0.44mg Hesperetin: 1.81mg, Hesperetin: 1.81mg, Hesperetin: 1.81mg, Hesperetin: 1.81mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 129.15kcal (6.46%), Fat: 9.39g (14.45%), Saturated Fat: 1.29g (8.09%), Carbohydrates: 11.51g (3.84%), Net Carbohydrates: 11.1g (4.04%), Sugar: 9g (10%), Cholesterol: 0mg (0%), Sodium: 196.01mg (8.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.38g (0.75%), Vitamin E: 1.4mg (9.31%), Vitamin C: 7.05mg (8.54%), Vitamin K: 6.3µg (6%), Manganese: 0.08mg (3.79%), Vitamin B6: 0.05mg (2.47%), Potassium: 58.61mg (1.67%), Fiber: 0.41g (1.65%), Folate: 4.95µg (1.24%), Iron: 0.22mg (1.2%), Phosphorus: 10.29mg (1.03%), Magnesium: 4.08mg (1.02%)