



Cilantro Lime Vinaigrette



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular

READY IN



5 min.

SERVINGS



1

CALORIES



520 kcal

SIDE DISH

Ingredients

- ☐ 1 cup cilantro leaves loosely packed
- ☐ 1 small clove garlic minced
- ☐ 0.5 jalapeño coarsely chopped
- ☐ 0.3 cup juice of lime (- 2 limes)
- ☐ 0.3 cup oil
- ☐ 1 serving salt and pepper to taste

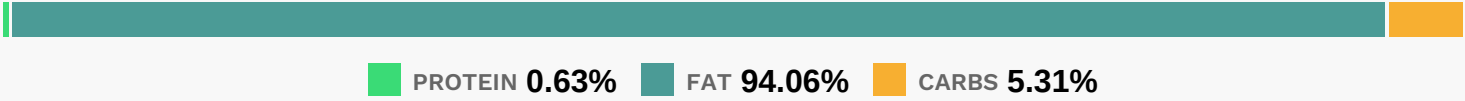
Equipment

- ☐ food processor

Directions

☐ Puree everything in a food processor until smooth.

Nutrition Facts



Properties

Glycemic Index:94, Glycemic Load:0.41, Inflammation Score:-7, Nutrition Score:11.718260783216%

Flavonoids

Eriodictyol: 1.32mg, Eriodictyol: 1.32mg, Eriodictyol: 1.32mg, Eriodictyol: 1.32mg Hesperetin: 5.43mg, Hesperetin: 5.43mg, Hesperetin: 5.43mg, Hesperetin: 5.43mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 9.18mg, Quercetin: 9.18mg, Quercetin: 9.18mg, Quercetin: 9.18mg

Nutrients (% of daily need)

Calories: 520.34kcal (26.02%), Fat: 56.17g (86.41%), Saturated Fat: 4.14g (25.86%), Carbohydrates: 7.13g (2.38%), Net Carbohydrates: 6.18g (2.25%), Sugar: 1.48g (1.64%), Cholesterol: 0mg (0%), Sodium: 203.08mg (8.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.85g (1.7%), Vitamin K: 91.24µg (86.89%), Vitamin E: 10.59mg (70.57%), Vitamin C: 31.71mg (38.43%), Vitamin A: 1185.66IU (23.71%), Manganese: 0.14mg (6.82%), Vitamin B6: 0.11mg (5.67%), Potassium: 183.57mg (5.24%), Folate: 17.95µg (4.49%), Fiber: 0.95g (3.8%), Copper: 0.06mg (3.23%), Magnesium: 10.81mg (2.7%), Calcium: 25.58mg (2.56%), Vitamin B2: 0.04mg (2.54%), Vitamin B1: 0.03mg (2.31%), Iron: 0.41mg (2.27%), Phosphorus: 22.56mg (2.26%), Vitamin B5: 0.21mg (2.06%), Vitamin B3: 0.37mg (1.87%), Zinc: 0.17mg (1.16%)