



Cilantro Vinaigrette



Vegetarian



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



10

CALORIES



36 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup canola oil
- ☐ 2 teaspoons dijon mustard
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 1 tablespoon ginger fresh grated
- ☐ 2 tablespoons honey
- ☐ 2 teaspoons orange zest
- ☐ 0.3 cup red wine vinegar
- ☐ 0.5 teaspoon salt

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2 tablespoons onion sweet minced

Equipment

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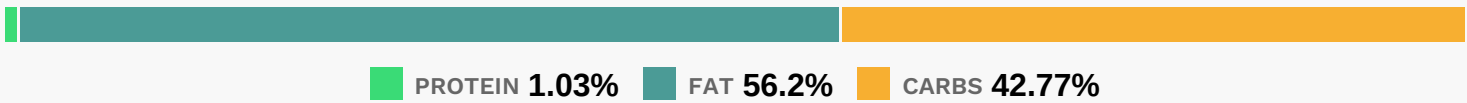
whisk

Directions

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Whisk together red wine vinegar, cilantro, onion, ginger, honey, orange zest, Dijon mustard, and salt; add canola oil in a slow, steady stream, whisking constantly until smooth.

Nutrition Facts



Properties

Glycemic Index:13.13, Glycemic Load:1.82, Inflammation Score:-1, Nutrition Score:0.46086956690187%

Flavonoids

Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

Nutrients (% of daily need)

Calories: 35.92kcal (1.8%), Fat: 2.28g (3.51%), Saturated Fat: 0.17g (1.06%), Carbohydrates: 3.91g (1.3%), Net Carbohydrates: 3.78g (1.37%), Sugar: 3.58g (3.97%), Cholesterol: 0mg (0%), Sodium: 128.22mg (5.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.09g (0.19%), Vitamin E: 0.4mg (2.67%), Vitamin K: 1.87µg (1.78%)