



Citrus-Chimichurri Vinaigrette



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



10

CALORIES



69 kcal

SAUCE

Ingredients

- ☐ 0.3 cup cilantro leaves fresh loosely packed
- ☐ 0.5 cup flat-leaf parsley fresh loosely packed
- ☐ 1 garlic clove coarsely chopped
- ☐ 0.3 teaspoon ground pepper red
- ☐ 0.5 teaspoon coarsely ground pepper
- ☐ 1 teaspoon kosher salt
- ☐ 2 tablespoons juice of lime fresh
- ☐ 0.3 cup olive oil

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3 tablespoons orange juice fresh

Equipment

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food processor

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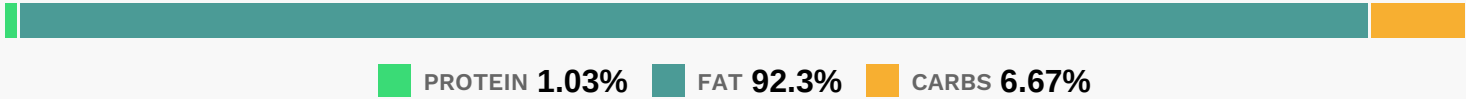
blender

Directions

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Process first 8 ingredients in a blender or food processor until smooth, stopping to scrape down sides as needed. Turn blender on high; gradually add oil in a slow, steady stream. Cover and chill 30 minutes. Store in refrigerator up to 24 hours.

Nutrition Facts



Properties

Glycemic Index:21, Glycemic Load:0.35, Inflammation Score:-3, Nutrition Score:3.7595652163677%

Flavonoids

Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.88mg, Hesperetin: 0.88mg, Hesperetin: 0.88mg, Hesperetin: 0.88mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Apigenin: 6.47mg, Apigenin: 6.47mg, Apigenin: 6.47mg, Apigenin: 6.47mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 68.72kcal (3.44%), Fat: 7.25g (11.16%), Saturated Fat: 1g (6.26%), Carbohydrates: 1.18g (0.39%), Net Carbohydrates: 1g (0.36%), Sugar: 0.52g (0.57%), Cholesterol: 0mg (0%), Sodium: 234.75mg (10.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.18g (0.36%), Vitamin K: 55.01µg (52.39%), Vitamin C: 7.68mg (9.31%), Vitamin E: 1.09mg (7.29%), Vitamin A: 312.79IU (6.26%), Folate: 6.72µg (1.68%), Iron: 0.27mg (1.48%), Manganese: 0.03mg (1.36%), Potassium: 36.07mg (1.03%)