



Citrus-Chipotle Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



48 kcal

SAUCE

Ingredients

- ☐ 1 chipotle pepper in adobo sauce minced
- ☐ 2 garlic cloves pressed
- ☐ 0.3 cup juice of lemon fresh
- ☐ 2 tablespoons juice of lime fresh
- ☐ 0.5 cup olive oil
- ☐ 0.5 cup orange juice fresh

Equipment

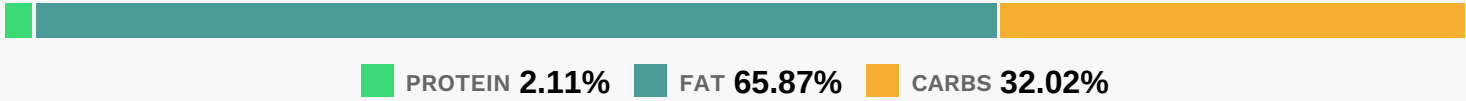
- ☐ bowl

whisk

Directions

Whisk together first 5 ingredients in a small bowl; gradually whisk in oil until blended. Stir before serving.

Nutrition Facts



Properties

Glycemic Index:13.67, Glycemic Load:1.19, Inflammation Score:-1, Nutrition Score:1.8060869581026%

Flavonoids

Eriodictyol: 0.64mg, Eriodictyol: 0.64mg, Eriodictyol: 0.64mg, Eriodictyol: 0.64mg Hesperetin: 4.39mg, Hesperetin: 4.39mg, Hesperetin: 4.39mg, Hesperetin: 4.39mg Naringenin: 0.6mg, Naringenin: 0.6mg, Naringenin: 0.6mg, Naringenin: 0.6mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 47.77kcal (2.39%), Fat: 3.67g (5.65%), Saturated Fat: 0.51g (3.17%), Carbohydrates: 4.02g (1.34%), Net Carbohydrates: 3.66g (1.33%), Sugar: 2.25g (2.5%), Cholesterol: 0mg (0%), Sodium: 0.68mg (0.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.26g (0.53%), Vitamin C: 16.08mg (19.49%), Vitamin E: 0.55mg (3.69%), Folate: 8.76µg (2.19%), Vitamin K: 2.23µg (2.13%), Potassium: 61.7mg (1.76%), Vitamin B1: 0.02mg (1.62%), Fiber: 0.36g (1.45%), Vitamin B6: 0.03mg (1.36%), Manganese: 0.02mg (1.09%)