



Citrus-Cumin Dressing



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



10

CALORIES



68 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon ground cumin
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 0.3 cup olive oil
- ☐ 3 tablespoons orange juice fresh
- ☐ 0.3 teaspoon pepper
- ☐ 0.3 teaspoon salt
- ☐ 0.5 teaspoon sugar

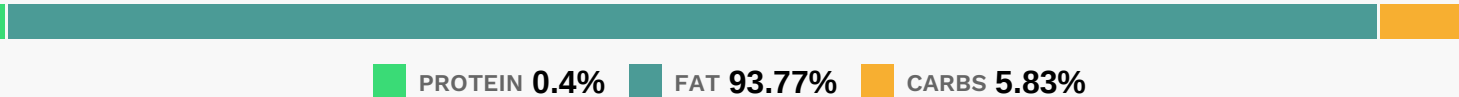
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Whisk together first 6 ingredients in a small bowl; add oil in a slow, steady stream, whisking constantly until smooth. Use immediately, or cover and chill up to 3 days.
- ☐ Whisk before serving.

Nutrition Facts



Properties

Glycemic Index:15.91, Glycemic Load:0.42, Inflammation Score:-1, Nutrition Score:0.88434782948183%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 1.04mg, Hesperetin: 1.04mg, Hesperetin: 1.04mg, Hesperetin: 1.04mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 67.87kcal (3.39%), Fat: 7.24g (11.14%), Saturated Fat: 1g (6.24%), Carbohydrates: 1.01g (0.34%), Net Carbohydrates: 0.97g (0.35%), Sugar: 0.71g (0.78%), Cholesterol: 0mg (0%), Sodium: 58.54mg (2.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.07g (0.14%), Vitamin E: 1.05mg (6.98%), Vitamin C: 3.72mg (4.51%), Vitamin K: 4.43µg (4.22%)