



WHATSheATE



Citrus-Honey Dressing



Vegetarian



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



16

CALORIES



21 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.1 teaspoon coarsely ground pepper black
- ☐ 1 tablespoon honey
- ☐ 0.5 teaspoon kosher salt
- ☐ 0.3 cup juice of lemon fresh
- ☐ 2 teaspoons lemon rind grated
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 2 tablespoons orange juice fresh

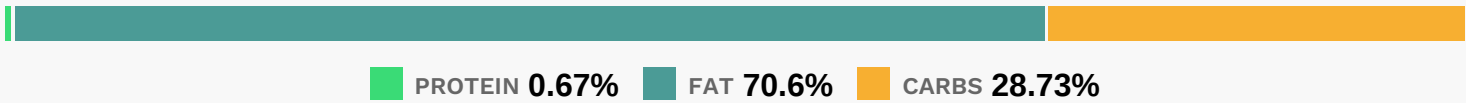
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Combine all ingredients in a small bowl, stirring with a whisk.
- ☐ shortcut kitchen tip To quickly juice lemons to get the most juice, bring them to room temperature, and then roll them across the countertop while applying pressure with the palm of your hand.

Nutrition Facts



Properties

Glycemic Index:8.52, Glycemic Load:0.68, Inflammation Score:-1, Nutrition Score:0.37869565391346%

Flavonoids

Eriodictyol: 0.19mg, Eriodictyol: 0.19mg, Eriodictyol: 0.19mg, Eriodictyol: 0.19mg Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 21.41kcal (1.07%), Fat: 1.76g (2.71%), Saturated Fat: 0.24g (1.52%), Carbohydrates: 1.62g (0.54%), Net Carbohydrates: 1.57g (0.57%), Sugar: 1.36g (1.51%), Cholesterol: 0mg (0%), Sodium: 72.84mg (3.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.04g (0.08%), Vitamin C: 2.87mg (3.48%), Vitamin E: 0.26mg (1.73%), Vitamin K: 1.08µg (1.03%)