



Citrus Vinaigrette



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



15

CALORIES



18 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tablespoon chives minced
- ☐ 2 tablespoons juice of lemon
- ☐ 1 teaspoon lemon zest
- ☐ 3 tablespoons juice of lime
- ☐ 1 teaspoon lime zest
- ☐ 0.5 cup olive oil extra-virgin
- ☐ 5 tablespoons orange juice
- ☐ 2 teaspoons orange zest

- ☐ 0.3 teaspoon pepper freshly ground
- ☐ 0.5 teaspoon sea salt
- ☐ 1 teaspoon sugar

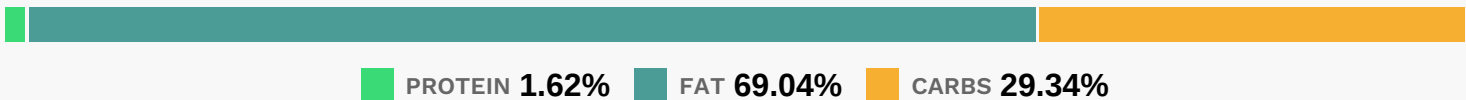
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Stir together first 6 ingredients in a medium bowl.
- ☐ Whisk in olive oil until incorporated. Stir in chives and sugar; add sea salt and pepper.
- ☐ Let stand at room temperature 1 hour before using.

Nutrition Facts



Properties

Glycemic Index:14.54, Glycemic Load:0.5, Inflammation Score:-1, Nutrition Score:0.6221739180872%

Flavonoids

Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg Hesperetin: 1.29mg, Hesperetin: 1.29mg, Hesperetin: 1.29mg, Hesperetin: 1.29mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 18.07kcal (0.9%), Fat: 1.46g (2.25%), Saturated Fat: 0.2g (1.26%), Carbohydrates: 1.4g (0.47%), Net Carbohydrates: 1.3g (0.47%), Sugar: 0.86g (0.96%), Cholesterol: 0mg (0%), Sodium: 77.77mg (3.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.08g (0.15%), Vitamin C: 5.16mg (6.25%), Vitamin K: 1.77µg (1.69%), Vitamin E: 0.22mg (1.49%)