

Citrus Vinaigrette



Vegetarian



Dairy Free

READY IN



10 min.

SERVINGS



10

CALORIES



115 kcal

SIDE DISH

Ingredients

- ☐ 1 teaspoon ground ginger
- ☐ 2 tablespoons honey
- ☐ 0.8 cup juice of lemon fresh
- ☐ 1.5 cups orange juice
- ☐ 0.3 cup orange marmalade
- ☐ 1 teaspoon pepper
- ☐ 10 servings try build-a-meal
- ☐ 1 teaspoon salt

- ☐ 2 tablespoons sesame oil
- ☐ 0.3 cup soya sauce
- ☐ 0.5 cup vegetable oil
- ☐ 0.8 cup citrus champagne vinegar

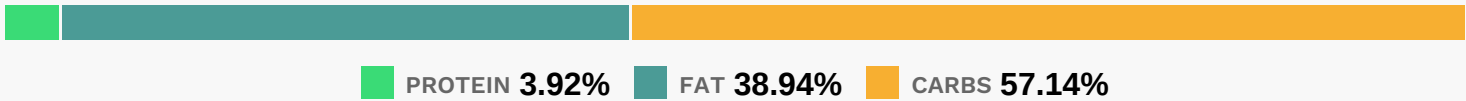
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Whisk together first 7 ingredients in a saucepan over medium-high heat. Bring to a boil; reduce heat to medium-low, and simmer, whisking occasionally, 20 minutes or until reduced by half (about 2 cups).
- ☐ Transfer to a medium bowl; cover and chill 1 hour, whisking occasionally.
- ☐ Whisk in vegetable oil and remaining ingredients. Use immediately, or store in an airtight container in refrigerator up to 5 days.Note: Keep an eye on this marinade when bringing to a boil it can boil over quickly and easily.

Nutrition Facts



Properties

Glycemic Index:15.13, Glycemic Load:3.84, Inflammation Score:-3, Nutrition Score:3.7208695489427%

Flavonoids

Eriodictyol: 0.96mg, Eriodictyol: 0.96mg, Eriodictyol: 0.96mg, Eriodictyol: 0.96mg Hesperetin: 7.09mg, Hesperetin: 7.09mg, Hesperetin: 7.09mg, Hesperetin: 7.09mg Naringenin: 1.05mg, Naringenin: 1.05mg, Naringenin: 1.05mg, Naringenin: 1.05mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 115.09kcal (5.75%), Fat: 5.15g (7.92%), Saturated Fat: 0.76g (4.74%), Carbohydrates: 16.99g (5.66%), Net Carbohydrates: 16.43g (5.97%), Sugar: 13.55g (15.06%), Cholesterol: 0mg (0%), Sodium: 564.77mg (24.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.16g (2.33%), Vitamin C: 26.31mg (31.89%), Manganese: 0.21mg (10.49%), Vitamin K: 4.82µg (4.59%), Folate: 17.12µg (4.28%), Potassium: 131.31mg (3.75%), Vitamin B1: 0.05mg (3.01%), Magnesium: 11.78mg (2.95%), Iron: 0.47mg (2.59%), Copper: 0.05mg (2.54%), Phosphorus: 24.33mg (2.43%), Vitamin B3: 0.48mg (2.41%), Fiber: 0.56g (2.25%), Vitamin B6: 0.04mg (2.19%), Vitamin E: 0.28mg (1.88%), Vitamin B2: 0.03mg (1.8%), Vitamin A: 83.38IU (1.67%), Vitamin B5: 0.14mg (1.4%), Calcium: 13.55mg (1.35%), Selenium: 0.83µg (1.19%)