



Coconut-Orange Dressing

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



45 min.

SERVINGS



4

CALORIES



86 kcal

SIDE DISH

Ingredients

- 0.3 cup coconut milk
- 0.3 cup egg substitute
- 0.3 teaspoon ground pepper white
- 2 tablespoons juice of lemon fresh
- 1 teaspoon orange rind grated
- 0.3 teaspoon salt
- 0.5 cup vegetable oil

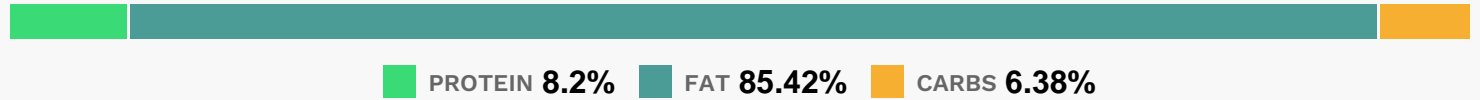
Equipment

blender

Directions

- Process first 6 ingredients in a blender until mixture is smooth, stopping once to scrape down sides.
- Turn blender on high; add oil in a slow, steady stream, processing until thickened.

Nutrition Facts



Properties

Glycemic Index:24.25, Glycemic Load:0.38, Inflammation Score:-1, Nutrition Score:2.8221738830857%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 85.71kcal (4.29%), Fat: 8.48g (13.05%), Saturated Fat: 3.51g (21.92%), Carbohydrates: 1.43g (0.48%), Net Carbohydrates: 1.32g (0.48%), Sugar: 0.49g (0.54%), Cholesterol: 0mg (0%), Sodium: 177.13mg (7.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.83g (3.66%), Vitamin K: 10.05µg (9.57%), Selenium: 6.21µg (8.87%), Manganese: 0.12mg (5.8%), Vitamin E: 0.7mg (4.65%), Vitamin C: 3.83mg (4.64%), Iron: 0.79mg (4.41%), Vitamin B2: 0.06mg (3.51%), Vitamin B5: 0.28mg (2.83%), Phosphorus: 25.28mg (2.53%), Magnesium: 9.42mg (2.36%), Potassium: 71.93mg (2.06%), Copper: 0.04mg (1.89%), Vitamin D: 0.24µg (1.6%), Vitamin B1: 0.02mg (1.57%), Zinc: 0.23mg (1.55%), Calcium: 15.17mg (1.52%), Folate: 6.04µg (1.51%), Vitamin B6: 0.03mg (1.42%)