



Cranberry-Orange Dressing



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



59 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup orange juice fresh
- ☐ 1.5 teaspoons orange rind grated
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup vegetable oil
- ☐ 0.3 cup cranberry vinegar

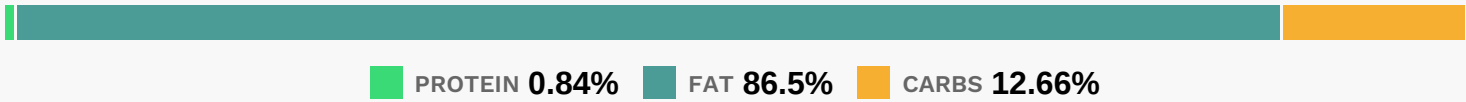
Equipment

- ☐ blender

Directions

- Process first 4 ingredients in a blender until blended, stopping once to scrape down sides.
Turn blender on high; gradually add oil in a slow steady stream.

Nutrition Facts



Properties

Glycemic Index:25.5, Glycemic Load:0.83, Inflammation Score:-1, Nutrition Score:1.3734782849965%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 58.75kcal (2.94%), Fat: 5.48g (8.43%), Saturated Fat: 0.84g (5.22%), Carbohydrates: 1.81g (0.6%), Net Carbohydrates: 1.7g (0.62%), Sugar: 1.31g (1.45%), Cholesterol: 0mg (0%), Sodium: 291.18mg (12.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.12g (0.24%), Vitamin C: 8.77mg (10.63%), Vitamin K: 10.04µg (9.56%), Vitamin E: 0.45mg (3.03%), Folate: 4.88µg (1.22%)