



Cumin-Lime Vinaigrette



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



22 kcal

SIDE DISH

Ingredients

- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 2 teaspoons cornstarch
- ☐ 1 tablespoon olive oil extravirgin
- ☐ 0.3 teaspoon ground cumin
- ☐ 3 tablespoons juice of lime fresh
- ☐ 0.3 teaspoon salt
- ☐ 1 teaspoon sugar
- ☐ 1 cup vegetable broth

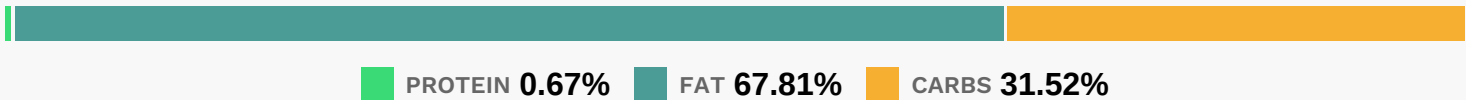
Equipment

- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Combine broth and cornstarch in a small saucepan, stirring with a whisk. Bring broth mixture to a boil over medium heat; cook 1 minute, stirring constantly.
- ☐ Remove from heat, and stir in the remaining ingredients. Cover and chill. Stir before using.

Nutrition Facts



Properties

Glycemic Index:19.01, Glycemic Load:0.52, Inflammation Score:-1, Nutrition Score:0.37739130336305%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.5mg, Hesperetin: 0.5mg, Hesperetin: 0.5mg, Hesperetin: 0.5mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 22.49kcal (1.12%), Fat: 1.77g (2.72%), Saturated Fat: 0.24g (1.52%), Carbohydrates: 1.85g (0.62%), Net Carbohydrates: 1.81g (0.66%), Sugar: 0.85g (0.94%), Cholesterol: 0mg (0%), Sodium: 190.48mg (8.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.04g (0.08%), Vitamin C: 1.69mg (2.05%), Vitamin E: 0.27mg (1.78%), Vitamin A: 66.35IU (1.33%), Vitamin K: 1.14µg (1.09%)