



Dressing



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



155 kcal

SIDE DISH

Ingredients

- ☐ 8 dates pitted
- ☐ 1.5 tablespoons orange juice fresh
- ☐ 0.5 teaspoon orange rind grated
- ☐ 0.3 teaspoon salt
- ☐ 8 ounce cup heavy whipping cream sour

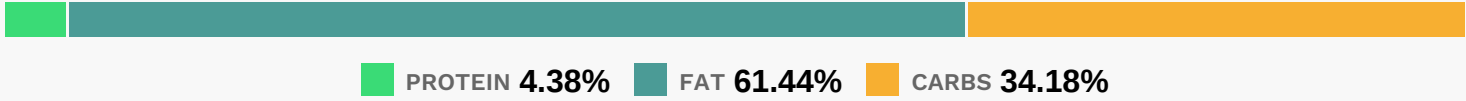
Equipment

- ☐ blender

Directions

☐ Process all ingredients in a blender until smooth, stopping to scrape down sides.

Nutrition Facts



Properties

Glycemic Index:26, Glycemic Load:5.22, Inflammation Score:-3, Nutrition Score:2.9813043190085%

Flavonoids

Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.76mg, Hesperetin: 0.76mg, Hesperetin: 0.76mg, Hesperetin: 0.76mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 154.86kcal (7.74%), Fat: 11.07g (17.03%), Saturated Fat: 5.73g (35.83%), Carbohydrates: 13.85g (4.62%), Net Carbohydrates: 12.69g (4.62%), Sugar: 11.34g (12.61%), Cholesterol: 33.45mg (11.15%), Sodium: 163.27mg (7.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.77g (3.55%), Vitamin A: 368.44IU (7.37%), Calcium: 63.92mg (6.39%), Vitamin B2: 0.11mg (6.27%), Phosphorus: 52.91mg (5.29%), Potassium: 176.02mg (5.03%), Vitamin C: 4.09mg (4.96%), Fiber: 1.16g (4.64%), Selenium: 2.53µg (3.61%), Magnesium: 12.45mg (3.11%), Vitamin B5: 0.29mg (2.86%), Vitamin B6: 0.05mg (2.47%), Manganese: 0.04mg (2.21%), Copper: 0.04mg (2.11%), Folate: 8.05µg (2.01%), Vitamin B12: 0.12µg (1.98%), Vitamin B1: 0.02mg (1.64%), Zinc: 0.23mg (1.55%), Vitamin E: 0.23mg (1.5%), Vitamin B3: 0.26mg (1.29%), Vitamin K: 1.23µg (1.18%), Iron: 0.2mg (1.1%)