



Dressing

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



158 kcal

SIDE DISH

Ingredients

- ☐ 8 dates pitted
- ☐ 1.5 tablespoons orange juice fresh
- ☐ 0.5 teaspoon orange rind grated
- ☐ 4 servings try build-a-meal
- ☐ 0.3 teaspoon salt
- ☐ 8 ounce cup heavy whipping cream sour

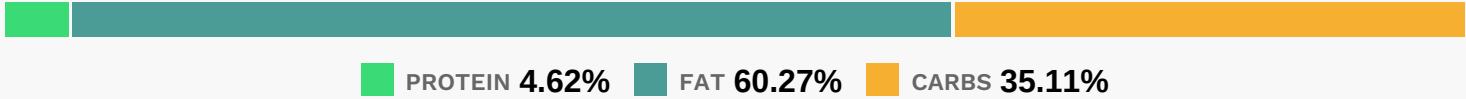
Equipment

- ☐ 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:3.3630434637484%

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: 158.1kcal (7.9%), Fat: 11.09g (17.07%), Saturated Fat: 5.74g (35.85%), Carbohydrates: 14.54g (4.85%), Net Carbohydrates: 13.15g (4.78%), Sugar: 11.35g (12.62%), Cholesterol: 33.45mg (11.15%), Sodium: 163.28mg (7.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.91g (3.83%), Vitamin A: 368.55IU (7.37%), Vitamin B2: 0.11mg (6.45%), Calcium: 64.48mg (6.45%), Phosphorus: 59.23mg (5.92%), Manganese: 0.11mg (5.56%), Fiber: 1.39g (5.54%), Potassium: 183.32mg (5.24%), Vitamin C: 4.09mg (4.96%), Selenium: 3.04µg (4.34%), Magnesium: 14.93mg (3.73%), Vitamin B5: 0.3mg (3.01%), Vitamin B6: 0.05mg (2.67%), Copper: 0.05mg (2.46%), Folate: 8.2µg (2.05%), Vitamin B12: 0.12µg (1.98%), Zinc: 0.29mg (1.92%), Vitamin B1: 0.03mg (1.84%), Vitamin E: 0.24mg (1.6%), Vitamin B3: 0.31mg (1.57%), Iron: 0.26mg (1.46%), Vitamin K: 1.29µg (1.23%)