



Fresh Lime Vinaigrette



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



10

CALORIES



32 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup canola oil
- ☐ 1 garlic clove minced
- ☐ 3 tablespoons juice of lime fresh
- ☐ 0.5 teaspoon pepper freshly ground
- ☐ 0.3 cup rice vinegar
- ☐ 0.5 teaspoon salt
- ☐ 2 tablespoons sugar

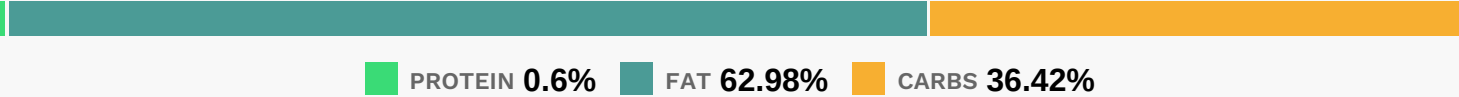
Equipment

whisk

Directions

Whisk together vinegar, sugar, lime juice, garlic, salt, and freshly ground pepper. Gradually whisk in canola oil until smooth.

Nutrition Facts



Properties

Glycemic Index:18.21, Glycemic Load:1.72, Inflammation Score:-1, Nutrition Score:0.41695652594385%

Flavonoids

Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg Hesperetin: 0.4mg, Hesperetin: 0.4mg, Hesperetin: 0.4mg, Hesperetin: 0.4mg 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: 32.01kcal (1.6%), Fat: 2.26g (3.47%), Saturated Fat: 0.17g (1.04%), Carbohydrates: 2.94g (0.98%), Net Carbohydrates: 2.89g (1.05%), Sugar: 2.48g (2.75%), Cholesterol: 0mg (0%), Sodium: 116.59mg (5.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.05g (0.1%), Vitamin E: 0.4mg (2.69%), Vitamin C: 1.44mg (1.75%), Vitamin K: 1.79µg (1.71%), Manganese: 0.02mg (1.12%)