



## Grapefruit Vinaigrette

 Vegetarian  Gluten Free  Dairy Free

READY IN



5 min.

SERVINGS



5

CALORIES



168 kcal

SIDE DISH

### Ingredients

- 1 teaspoon dijon mustard
- 0.3 cup grapefruit juice fresh
- 1 tablespoon honey
- 6 tablespoons olive oil
- 0.3 teaspoon pepper freshly ground
- 0.5 teaspoon salt

### Equipment

- whisk

## Directions

- Whisk together grapefruit juice, honey, Dijon mustard, salt, and pepper. Gradually whisk in olive oil until well blended.
- Serve over green salad, grilled fish, baked chicken, or steamed green beans.

## Nutrition Facts

 **PROTEIN 0.32%**  **FAT 88.3%**  **CARBS 11.38%**

## Properties

Glycemic Index:32.85, Glycemic Load:2.44, Inflammation Score:-1, Nutrition Score:1.5582608719883%

## Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg

## Nutrients (% of daily need)

Calories: 167.57kcal (8.38%), Fat: 16.85g (25.92%), Saturated Fat: 2.32g (14.51%), Carbohydrates: 4.89g (1.63%), Net Carbohydrates: 4.8g (1.75%), Sugar: 4.76g (5.29%), Cholesterol: 0mg (0%), Sodium: 244.31mg (10.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.14g (0.27%), Vitamin E: 2.42mg (16.16%), Vitamin K: 10.29µg (9.8%), Vitamin C: 3.2mg (3.88%), Manganese: 0.02mg (1.04%), Iron: 0.19mg (1.04%)