



Grilled Lime Vinaigrette

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



3

CALORIES



79 kcal

SIDE DISH

Ingredients

- 1 tablespoon cilantro leaves fresh minced
- 1 garlic clove minced
- 2 large limes halved
- 0.5 cup olive oil
- 0.5 teaspoon pepper freshly ground
- 0.5 teaspoon salt

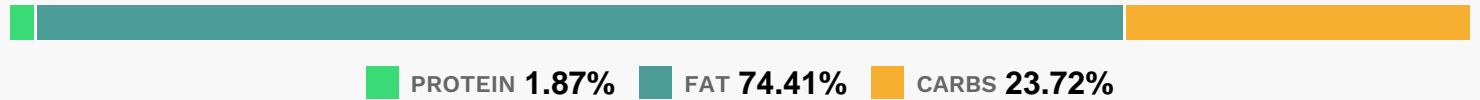
Equipment

- grill

Directions

- Grill lime halves, cut side down, without grill lid, over medium-high heat (350 to 400°F) to 6 minutes.
- Juice lime halves; reserve rind for garnish, if desired.
- Add remaining ingredients. Cover tightly, and shake vigorously. Chill thoroughly.

Nutrition Facts



Properties

Glycemic Index:42, Glycemic Load:1.24, Inflammation Score:-2, Nutrition Score:2.3656521841236%

Flavonoids

Hesperetin: 19.21mg, Hesperetin: 19.21mg, Hesperetin: 19.21mg, Hesperetin: 19.21mg Naringenin: 1.52mg, Naringenin: 1.52mg, Naringenin: 1.52mg, Naringenin: 1.52mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 79.41kcal (3.97%), Fat: 7.31g (11.24%), Saturated Fat: 1.01g (6.31%), Carbohydrates: 5.24g (1.75%), Net Carbohydrates: 3.88g (1.41%), Sugar: 0.77g (0.85%), Cholesterol: 0mg (0%), Sodium: 388.92mg (16.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.41g (0.83%), Vitamin C: 13.35mg (16.18%), Vitamin E: 1.14mg (7.62%), Fiber: 1.36g (5.44%), Vitamin K: 5.58µg (5.31%), Manganese: 0.06mg (3.22%), Iron: 0.36mg (2.02%), Copper: 0.04mg (1.85%), Calcium: 18.43mg (1.84%), Vitamin B6: 0.03mg (1.64%), Potassium: 54.85mg (1.57%), Vitamin B5: 0.11mg (1.08%), Vitamin B1: 0.02mg (1.06%), Phosphorus: 10.16mg (1.02%)