



Herb Vinaigrette



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



35 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon chili flakes hot
- ☐ 1 teaspoon ground cumin
- ☐ 1.5 tablespoons olive oil
- ☐ 0.5 teaspoon oregano dried
- ☐ 1 tablespoon parsley minced
- ☐ 6 servings salt
- ☐ 0.3 cup sherry vinegar

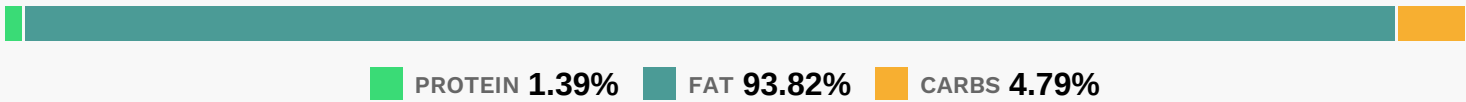
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ In a bowl, whisk together vinegar, oil, parsley, cumin, oregano, and chili flakes.
- ☐ Add salt to taste.

Nutrition Facts



Properties

Glycemic Index:7, Glycemic Load:0.01, Inflammation Score:-2, Nutrition Score:1.3139130529826%

Flavonoids

Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg

Nutrients (% of daily need)

Calories: 35.23kcal (1.76%), Fat: 3.61g (5.55%), Saturated Fat: 0.5g (3.1%), Carbohydrates: 0.41g (0.14%), Net Carbohydrates: 0.23g (0.08%), Sugar: 0.03g (0.04%), Cholesterol: 0mg (0%), Sodium: 198.37mg (8.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.12g (0.24%), Vitamin K: 14.27µg (13.59%), Vitamin E: 0.61mg (4.09%), Iron: 0.42mg (2.33%), Vitamin A: 112.64IU (2.25%), Manganese: 0.03mg (1.42%), Vitamin C: 0.97mg (1.17%)