



Lime-Cilantro Vinaigrette

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



14 kcal

SIDE DISH

Ingredients

- 0.5 cup cilantro sprigs
- 0.3 teaspoon ground cumin
- 1 small jalapeno halved seeded
- 0.3 cup juice of lime fresh
- 0.5 teaspoon oregano dried
- 0.3 teaspoon salt
- 0.8 cup sacramento tomato juice

Equipment

- food processor
- bowl
- blender

Directions

- Place ingredients in a food processor or blender; process until smooth.
- Pour into a bowl; set aside.

Nutrition Facts

PROTEIN 11.82% **FAT 4.79%** **CARBS 83.39%**

Properties

Glycemic Index:26.33, Glycemic Load:0.6, Inflammation Score:-5, Nutrition Score:3.24999999909297%

Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.85mg, Quercetin: 1.85mg, Quercetin: 1.85mg, Quercetin: 1.85mg

Nutrients (% of daily need)

Calories: 14.13kcal (0.71%), Fat: 0.1g (0.15%), Saturated Fat: 0.01g (0.09%), Carbohydrates: 3.73g (1.24%), Net Carbohydrates: 3.22g (1.17%), Sugar: 2.05g (2.28%), Cholesterol: 0mg (0%), Sodium: 151.5mg (6.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.53g (1.06%), Vitamin C: 17.58mg (21.31%), Vitamin K: 9.55µg (9.09%), Vitamin A: 391.12IU (7.82%), Potassium: 146.55mg (4.19%), Vitamin B6: 0.08mg (3.86%), Folate: 13.41µg (3.35%), Manganese: 0.06mg (3.18%), Vitamin E: 0.4mg (2.69%), Iron: 0.43mg (2.39%), Magnesium: 8.4mg (2.1%), Vitamin B3: 0.41mg (2.06%), Fiber: 0.52g (2.06%), Copper: 0.04mg (2.04%), Vitamin B1: 0.03mg (1.94%), Vitamin B5: 0.16mg (1.57%), Vitamin B2: 0.02mg (1.4%), Calcium: 13.68mg (1.37%), Phosphorus: 13.18mg (1.32%)