



Lime-Cilantro Vinaigrette



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



6

CALORIES



60 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon brown sugar
- ☐ 0.5 bunch cilantro leaves chopped
- ☐ 1 clove garlic minced
- ☐ 0.8 cup olive oil light
- ☐ 0.3 cup juice of lime
- ☐ 0.3 teaspoon salt
- ☐ 0.8 teaspoon spicy brown mustard
- ☐ 2 tablespoons vinegar white

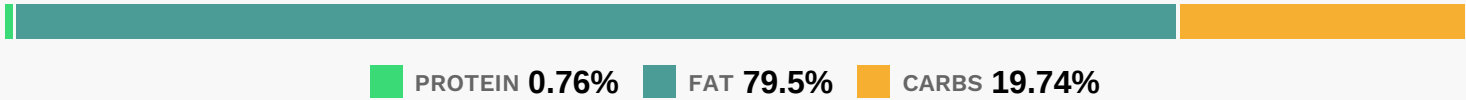
Equipment

☐ blender

Directions

- ☐ Blend the lime juice, vinegar, and cilantro together in a blender until smooth.
- ☐ Add the brown sugar, garlic, and salt; blend again until smooth. Spoon the mustard into the mixture. Turn the blender on and slowly pour the olive oil into the dressing mixture in a thin stream; blend until thoroughly combined.

Nutrition Facts



Properties

Glycemic Index:24, Glycemic Load:0.05, Inflammation Score:-1, Nutrition Score:0.97434781686119%

Flavonoids

Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 60.1kcal (3%), Fat: 5.43g (8.36%), Saturated Fat: 0.75g (4.68%), Carbohydrates: 3.04g (1.01%), Net Carbohydrates: 2.94g (1.07%), Sugar: 2.13g (2.37%), Cholesterol: 0mg (0%), Sodium: 105.14mg (4.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.12g (0.23%), Vitamin E: 0.82mg (5.46%), Vitamin K: 5.4µg (5.14%), Vitamin C: 3.36mg (4.08%), Vitamin A: 50.52IU (1.01%)