



Lime-Cumin Dressing



Vegetarian



Gluten Free



Dairy Free

READY IN



4 min.

SERVINGS



4

CALORIES



52 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon canola oil
- ☐ 0.5 teaspoon ground cumin
- ☐ 0.1 teaspoon coarsely ground pepper black
- ☐ 1 tablespoon honey
- ☐ 0.5 teaspoon kosher salt
- ☐ 0.3 cup juice of lime fresh

Equipment

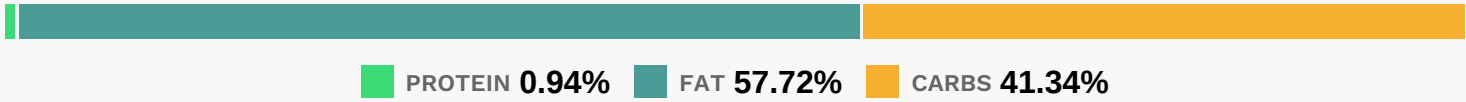
- ☐ bowl

whisk

Directions

Combine all ingredients in a small bowl, stirring with a whisk.

Nutrition Facts



Properties

Glycemic Index:22.32, Glycemic Load:2.27, Inflammation Score:-1, Nutrition Score:0.89086956498416%

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 Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 51.78kcal (2.59%), Fat: 3.57g (5.49%), Saturated Fat: 0.26g (1.65%), Carbohydrates: 5.75g (1.92%), Net Carbohydrates: 5.64g (2.05%), Sugar: 4.57g (5.08%), Cholesterol: 0mg (0%), Sodium: 291.63mg (12.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.13g (0.26%), Vitamin C: 4.58mg (5.56%), Vitamin E: 0.65mg (4.36%), Vitamin K: 2.7µg (2.57%), Manganese: 0.02mg (1.2%), Iron: 0.21mg (1.17%)