

Lime Vinaigrette



Vegetarian



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



5

CALORIES



186 kcal

SIDE DISH

Ingredients

- ☐ 1 garlic clove pressed
- ☐ 0.3 cup honey
- ☐ 0.5 cup juice of lime fresh
- ☐ 0.3 cup olive oil
- ☐ 0.3 teaspoon pepper
- ☐ 0.5 teaspoon salt

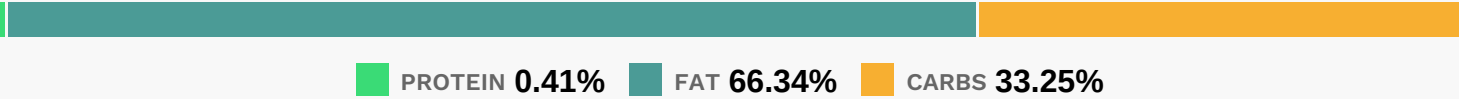
Equipment

- ☐ whisk

Directions

☐ Whisk together first 5 ingredients. Gradually whisk in 1/3 cup olive oil until blended.

Nutrition Facts



Properties

Glycemic Index:22.85, Glycemic Load:7.35, Inflammation Score:-1, Nutrition Score:1.9195652176505%

Flavonoids

Eriodictyol: 0.53mg, Eriodictyol: 0.53mg, Eriodictyol: 0.53mg, Eriodictyol: 0.53mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 186.02kcal (9.3%), Fat: 14.42g (22.19%), Saturated Fat: 1.99g (12.44%), Carbohydrates: 16.27g (5.42%), Net Carbohydrates: 16.1g (5.85%), Sugar: 14.33g (15.92%), Cholesterol: 0mg (0%), Sodium: 234.12mg (10.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.2g (0.4%), Vitamin E: 2.13mg (14.19%), Vitamin C: 7.53mg (9.13%), Vitamin K: 8.99µg (8.56%), Manganese: 0.04mg (2.07%), Potassium: 41.06mg (1.17%), Iron: 0.2mg (1.09%), Vitamin B6: 0.02mg (1.05%)