

Margarita Dressing

 Vegetarian  Gluten Free  Dairy Free

READY IN



5 min.

SERVINGS



8

CALORIES



47 kcal

SIDE DISH

Ingredients

- 2 teaspoons coriander leaves dried
- 1.5 teaspoons ground cumin
- 2.5 tablespoons honey
- 0.3 cup juice of lime fresh
- 0.5 cup olive oil extra virgin extra-virgin
- 0.1 teaspoon salt

Equipment

- bowl

whisk

Directions

Whisk together the olive oil, lime juice, honey, cumin, cilantro, and salt in a small bowl until combined.

Nutrition Facts

 **PROTEIN 0.98%**  **FAT 49.73%**  **CARBS 49.29%**

Properties

Glycemic Index:7.16, Glycemic Load:2.83, Inflammation Score:-1, Nutrition Score:0.66608695199956%

Flavonoids

Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg Hesperetin: 0.68mg, Hesperetin: 0.68mg, Hesperetin: 0.68mg, Hesperetin: 0.68mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 47.18kcal (2.36%), Fat: 2.79g (4.29%), Saturated Fat: 0.38g (2.37%), Carbohydrates: 6.22g (2.07%), Net Carbohydrates: 6.14g (2.23%), Sugar: 5.53g (6.14%), Cholesterol: 0mg (0%), Sodium: 37.49mg (1.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.12g (0.25%), Vitamin C: 2.47mg (3%), Vitamin E: 0.42mg (2.79%), Vitamin K: 2.03µg (1.93%), Iron: 0.31mg (1.72%), Manganese: 0.02mg (1.04%)