



Olive-Orange Vinaigrette



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



153 kcal

SIDE DISH

Ingredients

- ☐ 1 teaspoon aniseed coarsely chopped
- ☐ 4 servings kosher salt
- ☐ 0.3 cup olives black pitted chopped
- ☐ 0.3 cup olive oil extra virgin extra-virgin
- ☐ 0.3 cup orange juice fresh
- ☐ 2 teaspoons orange zest finely grated
- ☐ 1 shallots thinly sliced
- ☐ 0.3 cup sherry vinegar

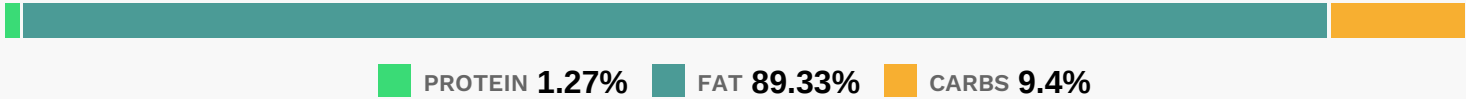
Equipment

☐ bowl

Directions

- ☐ Mix 1 thinly sliced shallot, 1/3 cupchopped pitted oil-cured black olives,1/4 cup extra-virgin olive oil, 1/4 cup
- ☐ Sherry vinegar, 2 teaspoons finely gratedorange zest, 1/4 cup fresh orange juice,and 1 teaspoon coarsely chopped aniseedin a small bowl. Season with kosher salt.
- ☐ Per serving: 50 calories, 5 g fat, 0 g fiber
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:21.75, Glycemic Load:1.09, Inflammation Score:-2, Nutrition Score:2.6413043361643%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 152.62kcal (7.63%), Fat: 15.34g (23.6%), Saturated Fat: 2.1g (13.12%), Carbohydrates: 3.63g (1.21%), Net Carbohydrates: 2.85g (1.04%), Sugar: 1.85g (2.06%), Cholesterol: 0mg (0%), Sodium: 371.77mg (16.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.49g (0.98%), Vitamin E: 2.38mg (15.89%), Vitamin C: 9.79mg (11.87%), Vitamin K: 8.35µg (7.95%), Fiber: 0.78g (3.12%), Iron: 0.5mg (2.77%), Potassium: 71.93mg (2.06%), Manganese: 0.04mg (1.96%), Folate: 7.46µg (1.87%), Vitamin B6: 0.04mg (1.81%), Copper: 0.03mg (1.65%), Vitamin A: 81.22IU (1.62%), Calcium: 15.86mg (1.59%), Vitamin B1: 0.02mg (1.53%), Magnesium: 5.93mg (1.48%), Phosphorus: 10.44mg (1.04%)