



Orange Citrus Vinaigrette



Vegetarian



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



5

CALORIES



71 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon dijon mustard
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 2 teaspoons garlic minced
- ☐ 1 teaspoon honey
- ☐ 2 tablespoons olive oil
- ☐ 0.3 cup orange juice
- ☐ 0.7 cup rice wine vinegar

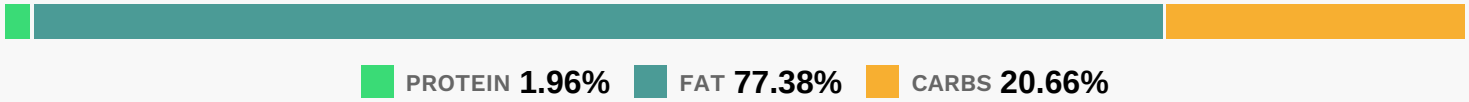
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Whisk together the vinegar, orange juice, oil, cilantro, mustard, garlic, and honey in a bowl; store in refrigerator.

Nutrition Facts



Properties

Glycemic Index:49.65, Glycemic Load:1.61, Inflammation Score:-1, Nutrition Score:1.6456521788369%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 1.98mg, Hesperetin: 1.98mg, Hesperetin: 1.98mg, Hesperetin: 1.98mg Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 70.97kcal (3.55%), Fat: 5.74g (8.83%), Saturated Fat: 0.79g (4.91%), Carbohydrates: 3.45g (1.15%), Net Carbohydrates: 3.25g (1.18%), Sugar: 2.61g (2.9%), Cholesterol: 0mg (0%), Sodium: 34.29mg (1.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.33g (0.65%), Vitamin C: 8.7mg (10.55%), Vitamin E: 0.83mg (5.52%), Vitamin K: 3.95µg (3.76%), Manganese: 0.06mg (2.77%), Selenium: 1.39µg (1.99%), Vitamin B1: 0.02mg (1.54%), Folate: 5.33µg (1.33%), Potassium: 44.68mg (1.28%), Vitamin B6: 0.02mg (1.21%)