



Orange-Mango Vinaigrette



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



7 min.

SERVINGS



8

CALORIES



34 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 0.3 cup flat-leaf parsley fresh chopped
- ☐ 1 tablespoon thyme leaves fresh chopped
- ☐ 1 cup green onions chopped
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 0.5 cup orange-mango juice refrigerated
- ☐ 0.5 teaspoon salt
- ☐ 2 tablespoons shallots minced

☐

2 tablespoons balsamic vinegar white

Equipment

☐

bowl

☐

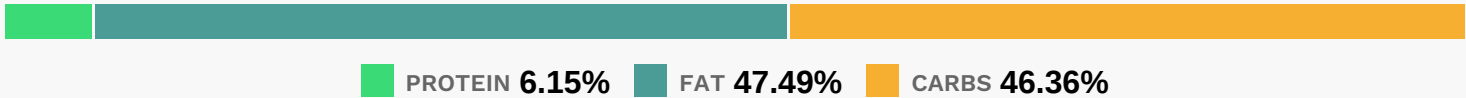
whisk

Directions

☐

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

Nutrition Facts



Properties

Glycemic Index:34.13, Glycemic Load:1.53, Inflammation Score:-8, Nutrition Score:4.8299999548041%

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: 4.06mg, Apigenin: 4.06mg, Apigenin: 4.06mg, Apigenin: 4.06mg Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 1.38mg, Quercetin: 1.38mg, Quercetin: 1.38mg, Quercetin: 1.38mg

Nutrients (% of daily need)

Calories: 33.64kcal (1.68%), Fat: 1.84g (2.83%), Saturated Fat: 0.26g (1.61%), Carbohydrates: 4.04g (1.35%), Net Carbohydrates: 3.39g (1.23%), Sugar: 2.4g (2.67%), Cholesterol: 0mg (0%), Sodium: 149.91mg (6.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.54g (1.07%), Vitamin K: 57.92µg (55.16%), Vitamin C: 14.19mg (17.21%), Vitamin A: 355.93IU (7.12%), Folate: 16.76µg (4.19%), Manganese: 0.07mg (3.45%), Iron: 0.57mg (3.15%), Potassium: 95.75mg (2.74%), Fiber: 0.65g (2.61%), Vitamin E: 0.34mg (2.29%), Calcium: 19.5mg (1.95%), Magnesium: 7.76mg (1.94%), Vitamin B1: 0.02mg (1.63%), Copper: 0.03mg (1.49%), Vitamin B6: 0.03mg (1.38%), Vitamin B2: 0.02mg (1.25%), Phosphorus: 11.73mg (1.17%)