



Orange-Pecan Vinaigrette



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



10 min.

SERVINGS



10

CALORIES



60 kcal

SIDE DISH

Ingredients

- ☐ 0.8 cup olive oil extra virgin
- ☐ 2 tablespoons orange marmalade
- ☐ 3 tablespoons pecans toasted chopped
- ☐ 0.3 teaspoon pepper
- ☐ 0.3 cup sherry vinegar
- ☐ 0.5 teaspoon salt

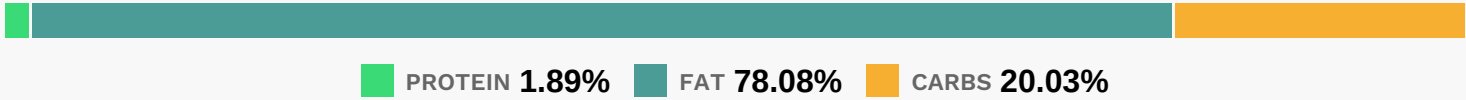
Equipment

- ☐ whisk

Directions

- ☐ Whisk together vinegar, pecans, orange marmalade, salt, and pepper until blended.
- ☐ Add olive oil in a slow, steady stream, whisking until smooth.

Nutrition Facts



Properties

Glycemic Index:4.2, Glycemic Load:0.02, Inflammation Score:-1, Nutrition Score:1.0378260955862%

Flavonoids

Cyanidin: 0.32mg, Cyanidin: 0.32mg, Cyanidin: 0.32mg, Cyanidin: 0.32mg Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg

Nutrients (% of daily need)

Calories: 60.47kcal (3.02%), Fat: 5.4g (8.31%), Saturated Fat: 0.63g (3.96%), Carbohydrates: 3.12g (1.04%), Net Carbohydrates: 2.79g (1.01%), Sugar: 2.52g (2.8%), Cholesterol: 0mg (0%), Sodium: 119.07mg (5.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.29g (0.59%), Manganese: 0.15mg (7.26%), Vitamin E: 0.51mg (3.41%), Copper: 0.04mg (2.05%), Vitamin K: 2.14µg (2.04%), Vitamin B1: 0.02mg (1.34%), Fiber: 0.33g (1.31%), Magnesium: 4.04mg (1.01%)