



Orange-Poppy Seed Dressing



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



52 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup canola oil
- ☐ 2 tablespoons champagne vinegar
- ☐ 0.3 cup honey
- ☐ 0.5 cup orange juice fresh
- ☐ 1 teaspoon poppy seeds
- ☐ 0.1 teaspoon salt

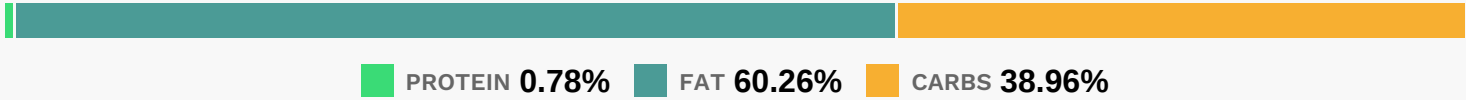
Equipment

- ☐ blender

Directions

- ☐ Combine first 5 ingredients in a blender; process until blended.
- ☐ Add poppy seeds; pulse once. Cover and refrigerate.

Nutrition Facts



Properties

Glycemic Index:6.83, Glycemic Load:2.69, Inflammation Score:-1, Nutrition Score:0.769999999906706%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.93mg, Hesperetin: 0.93mg, Hesperetin: 0.93mg, Hesperetin: 0.93mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 51.87kcal (2.59%), Fat: 3.59g (5.53%), Saturated Fat: 0.27g (1.67%), Carbohydrates: 5.23g (1.74%), Net Carbohydrates: 5.17g (1.88%), Sugar: 5.01g (5.56%), Cholesterol: 0mg (0%), Sodium: 18.66mg (0.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.1g (0.21%), Vitamin C: 3.91mg (4.74%), Vitamin E: 0.62mg (4.13%), Vitamin K: 2.5µg (2.38%)