



Orange-Pumpkin Seed Vinaigrette

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



2

CALORIES



251 kcal

SIDE DISH

Ingredients

- ☐ 3 tablespoons cider vinegar
- ☐ 1 tablespoon garnish: epazote leaves; pumpkin-seed oil
- ☐ 1 tablespoon ginger fresh minced
- ☐ 2 tablespoons olive oil
- ☐ 0.3 cup orange juice fresh (1 medium-size orange)
- ☐ 2 servings bell pepper to taste
- ☐ 2 servings garnish: pumpkin seeds toasted
- ☐ 2 servings salt to taste

- ☐ 2 tablespoons shallots minced
- ☐ 1 teaspoon sugar
- ☐ 1 teaspoon worcestershire sauce

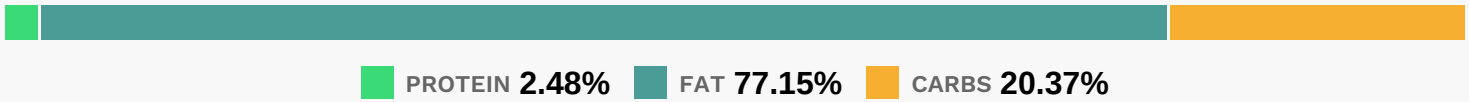
Equipment

- ☐ frying pan

Directions

- ☐ Saut ginger over medium heat in a skillet until soft.
- ☐ Add shallot, and saut 1 minute.
- ☐ Add orange juice and next 7 ingredients; simmer 2 to 3 minutes (mixture will reduce a little); remove from heat. Toss with braised chard, and garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:124.55, Glycemic Load:4.56, Inflammation Score:-9, Nutrition Score:12.063043622867%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 251.48kcal (12.57%), Fat: 21.72g (33.41%), Saturated Fat: 3.56g (22.23%), Carbohydrates: 12.9g (4.3%), Net Carbohydrates: 10.83g (3.94%), Sugar: 8.98g (9.98%), Cholesterol: 0mg (0%), Sodium: 239.23mg (10.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.57g (3.14%), Vitamin C: 112.24mg (136.05%), Vitamin A: 2397.52IU (47.95%), Vitamin E: 3.24mg (21.62%), Vitamin B6: 0.27mg (13.54%), Folate: 48.17µg (12.04%), Vitamin K: 12.3µg (11.71%), Manganese: 0.23mg (11.35%), Potassium: 315.86mg (9.02%), Fiber: 2.08g (8.31%), Magnesium: 23.4mg (5.85%), Vitamin B1: 0.08mg (5.32%), Iron: 0.9mg (4.98%), Vitamin B3: 0.97mg (4.85%), Vitamin B2: 0.08mg (4.8%), Phosphorus: 47.76mg (4.78%), Vitamin B5: 0.34mg (3.39%), Copper: 0.06mg (3.23%), Zinc: 0.35mg (2.31%),

Calcium: 18.41mg (1.84%)