



Orange-Raspberry Vinaigrette



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



10 min.

SERVINGS



10

CALORIES



70 kcal

SIDE DISH

Ingredients



0.3 cup balsamic vinegar white



2 tablespoons cilantro leaves fresh chopped



1 medium size jalapeno minced seeded



2 tablespoons olive oil



0.5 cup orange marmalade

Equipment

Directions

☐ Stir together all ingredients.

Nutrition Facts



■ PROTEIN 0.51% ■ FAT 34.7% ■ CARBS 64.79%

Properties

Glycemic Index:11.4, Glycemic Load:0.56, Inflammation Score:-1, Nutrition Score:0.65217390948016%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 70.15kcal (3.51%), Fat: 2.81g (4.32%), Saturated Fat: 0.39g (2.42%), Carbohydrates: 11.79g (3.93%), Net Carbohydrates: 11.63g (4.23%), Sugar: 10.61g (11.79%), Cholesterol: 0mg (0%), Sodium: 10.56mg (0.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.09g (0.19%), Vitamin E: 0.46mg (3.1%), Vitamin C: 2.45mg (2.97%), Vitamin K: 2.19µg (2.09%)