



Orange-Soy Vinaigrette



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



24

CALORIES



18 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tablespoon sesame oil dark
- ☐ 1 tablespoon parsley fresh minced
- ☐ 1 teaspoon lemon pepper
- ☐ 2 tablespoons juice of lime fresh
- ☐ 2 tablespoons soya sauce low-sodium
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 0.5 cup orange juice
- ☐ 0.5 cup pineapple juice

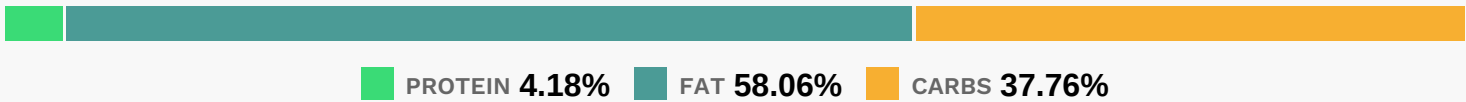
2 teaspoons sugar

Equipment

Directions

Combine all ingredients in a jar; cover tightly, and shake vigorously.

Nutrition Facts



Properties

Glycemic Index:9.67, Glycemic Load:0.81, Inflammation Score:-1, Nutrition Score:0.73086955552192%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.73mg, Hesperetin: 0.73mg, Hesperetin: 0.73mg, Hesperetin: 0.73mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 17.87kcal (0.89%), Fat: 1.19g (1.84%), Saturated Fat: 0.17g (1.04%), Carbohydrates: 1.75g (0.58%), Net Carbohydrates: 1.68g (0.61%), Sugar: 1.29g (1.43%), Cholesterol: 0mg (0%), Sodium: 48.3mg (2.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.19g (0.39%), Vitamin C: 3.67mg (4.45%), Vitamin K: 3.33µg (3.17%), Manganese: 0.04mg (2.11%)