



## Orange Vinaigrette

 Vegetarian  Gluten Free  Dairy Free

READY IN



5 min.

SERVINGS



4

CALORIES



27 kcal

SIDE DISH

### Ingredients

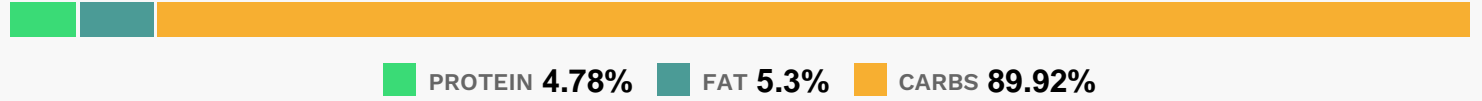
- 2 tablespoons balsamic vinegar
- 2 teaspoons honey
- 1 tablespoon mustard dijon-style prepared
- 0.3 cup orange juice
- 0.1 teaspoon cracked pepper black

### Equipment

## Directions

- In a small jar with a tight-fitting cover, combine the orange juice, vinegar, mustard, honey and pepper. Cover and shake well until combined. To store, refrigerate for up to 1 week. Shake well before serving.

## Nutrition Facts



## Properties

Glycemic Index:54.57, Glycemic Load:3.03, Inflammation Score:-1, Nutrition Score:1.1143478381893%

## Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

## Nutrients (% of daily need)

Calories: 27.1kcal (1.35%), Fat: 0.16g (0.25%), Saturated Fat: 0.01g (0.09%), Carbohydrates: 6.1g (2.03%), Net Carbohydrates: 5.88g (2.14%), Sugar: 5.43g (6.03%), Cholesterol: 0mg (0%), Sodium: 43.4mg (1.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.32g (0.65%), Vitamin C: 7.78mg (9.43%), Manganese: 0.04mg (1.95%), Selenium: 1.32µg (1.89%), Vitamin B1: 0.02mg (1.41%), Potassium: 48.24mg (1.38%), Folate: 4.99µg (1.25%), Magnesium: 4.64mg (1.16%)