



Orange Vinaigrette



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



75 kcal

SIDE DISH

Ingredients

- ☐ 2 garlic cloves
- ☐ 0.5 cup olive oil
- ☐ 0.3 cup orange juice fresh
- ☐ 1 tablespoon orange rind grated
- ☐ 0.3 cup balsamic vinegar white

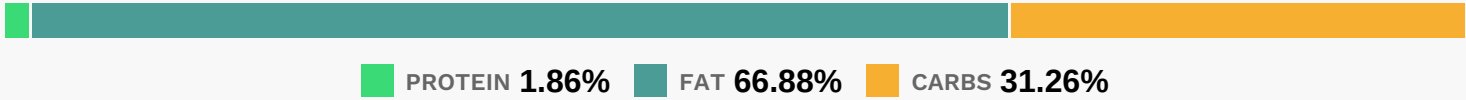
Equipment

- ☐ blender

Directions

- ☐ Process all ingredients in a blender until smooth.
- ☐ *1/4 cup white wine vinegar may be substituted for white balsamic vinegar.

Nutrition Facts



Properties

Glycemic Index:33, Glycemic Load:2.59, Inflammation Score:-1, Nutrition Score:1.8599999896858%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 2.47mg, Hesperetin: 2.47mg, Hesperetin: 2.47mg, Hesperetin: 2.47mg Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 74.75kcal (3.74%), Fat: 5.45g (8.39%), Saturated Fat: 0.75g (4.7%), Carbohydrates: 5.74g (1.91%), Net Carbohydrates: 5.5g (2%), Sugar: 4.13g (4.59%), Cholesterol: 0mg (0%), Sodium: 4.28mg (0.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.34g (0.68%), Vitamin C: 12.84mg (15.57%), Vitamin E: 0.79mg (5.27%), Vitamin K: 3.3µg (3.14%), Manganese: 0.05mg (2.44%), Potassium: 68.43mg (1.96%), Folate: 6.7µg (1.67%), Vitamin B1: 0.02mg (1.56%), Vitamin B6: 0.03mg (1.48%), Iron: 0.22mg (1.24%), Magnesium: 4.89mg (1.22%), Calcium: 11.76mg (1.18%)