



## Orange Vinaigrette Dressing

 Vegetarian  Gluten Free  Dairy Free

READY IN



250 min.

SERVINGS



1

CALORIES



578 kcal

SIDE DISH

### Ingredients

- 0.1 teaspoon cayenne pepper
- 1 tablespoon parsley fresh chopped
- 0.3 cup olive oil
- 0.3 cup orange juice freshly squeezed
- 0.5 teaspoon orange peel grated
- 1 tablespoon honey raw
- 0.3 teaspoon salt
- 2 tablespoons citrus champagne vinegar

# Equipment

blender

# Directions

Combine the parsley, orange juice, honey, olive oil, white wine vinegar, grated orange peel, salt, and cayenne pepper in a blender, and pulse until blended. Refrigerate 4 hours for best flavor. Shake gently just before serving.

# Nutrition Facts

**PROTEIN 0.46%** **FAT 82.9%** **CARBS 16.64%**

# Properties

Glycemic Index:168.27, Glycemic Load:12.37, Inflammation Score:-6, Nutrition Score:10.716956649138%

# Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 7.41mg, Hesperetin: 7.41mg, Hesperetin: 7.41mg, Hesperetin: 7.41mg Naringenin: 1.33mg, Naringenin: 1.33mg, Naringenin: 1.33mg, Naringenin: 1.33mg Apigenin: 8.67mg, Apigenin: 8.67mg, Apigenin: 8.67mg, Apigenin: 8.67mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.62mg, Myricetin: 0.62mg, Myricetin: 0.62mg, Myricetin: 0.62mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

# Nutrients (% of daily need)

Calories: 578.01kcal (28.9%), Fat: 54.2g (83.39%), Saturated Fat: 7.48g (46.75%), Carbohydrates: 24.48g (8.16%), Net Carbohydrates: 24.01g (8.73%), Sugar: 22.51g (25.01%), Cholesterol: 0mg (0%), Sodium: 588.66mg (25.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.67g (1.35%), Vitamin K: 98.37µg (93.69%), Vitamin E: 7.91mg (52.72%), Vitamin C: 38.13mg (46.21%), Vitamin A: 569.18IU (11.38%), Folate: 25.67µg (6.42%), Iron: 0.93mg (5.17%), Potassium: 176.6mg (5.05%), Vitamin B1: 0.06mg (4.08%), Magnesium: 11.06mg (2.76%), Manganese: 0.05mg (2.61%), Copper: 0.05mg (2.31%), Vitamin B6: 0.04mg (2.07%), Vitamin B2: 0.03mg (1.98%), Fiber: 0.47g (1.89%), Calcium: 18.28mg (1.83%), Vitamin B3: 0.36mg (1.78%), Phosphorus: 17.04mg (1.7%), Vitamin B5: 0.15mg (1.53%)