



Pimiento Vinaigrette

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



112 kcal

SIDE DISH

Ingredients

- 1 garlic clove
- 0.5 cup olive oil
- 2 ounce pimientos diced drained
- 1 tablespoon purple onion minced
- 3 tablespoons red wine vinegar

Equipment

- food processor
- blender

Directions

Process first 4 ingredients in a blender or food processor until smooth; stir in pimiento.

Nutrition Facts

PROTEIN 1.94% **FAT 88.05%** **CARBS 10.01%**

Properties

Glycemic Index:51, Glycemic Load:0.75, Inflammation Score:-6, Nutrition Score:4.3591304356637%

Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg

Nutrients (% of daily need)

Calories: 111.92kcal (5.6%), Fat: 10.92g (16.8%), Saturated Fat: 1.51g (9.43%), Carbohydrates: 2.79g (0.93%), Net Carbohydrates: 2.02g (0.74%), Sugar: 1.17g (1.3%), Cholesterol: 0mg (0%), Sodium: 7.29mg (0.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.54g (1.08%), Vitamin C: 30.43mg (36.89%), Vitamin A: 752.91IU (15.06%), Vitamin E: 1.8mg (11.97%), Vitamin K: 9.44µg (8.99%), Vitamin B6: 0.1mg (4.96%), Iron: 0.78mg (4.34%), Manganese: 0.07mg (3.4%), Fiber: 0.77g (3.07%), Potassium: 76.91mg (2.2%), Vitamin B2: 0.02mg (1.39%), Copper: 0.03mg (1.28%), Phosphorus: 11.5mg (1.15%), Vitamin B3: 0.23mg (1.15%)