



Pineapple Shrub Vinaigrette

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



10

CALORIES



23 kcal

SIDE DISH

Ingredients

- 0.5 teaspoon kosher salt
- 3 tablespoons juice of lime
- 0.3 cup pineapple ginger mint shrub
- 0.5 cup olive oil fruity extra-virgin
- 0.3 teaspoon pepper
- 2 tablespoons shallots minced

Equipment

- bowl

whisk

Directions

In a small bowl, whisk together shrub and lime juice. Stir in shallot. Vigorously whisk in oil in a stream.

Whisk in salt and pepper. Taste with a piece of lettuce; add more lime juice, salt, and pepper as needed.

Make ahead: Up to 1 week, chilled.

Nutrition Facts

 **PROTEIN 2.17%**  **FAT 81.68%**  **CARBS 16.15%**

Properties

Glycemic Index:6.2, Glycemic Load:0.09, Inflammation Score:-1, Nutrition Score:0.65608696347993%

Flavonoids

Eriodictyol: 0.56mg, Eriodictyol: 0.56mg, Eriodictyol: 0.56mg, Eriodictyol: 0.56mg Hesperetin: 0.56mg, Hesperetin: 0.56mg, Hesperetin: 0.56mg, Hesperetin: 0.56mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 22.83kcal (1.14%), Fat: 2.18g (3.36%), Saturated Fat: 0.3g (1.89%), Carbohydrates: 0.97g (0.32%), Net Carbohydrates: 0.76g (0.27%), Sugar: 0.23g (0.26%), Cholesterol: 0mg (0%), Sodium: 117.12mg (5.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.13g (0.26%), Vitamin C: 1.99mg (2.41%), Vitamin E: 0.32mg (2.15%), Manganese: 0.03mg (1.55%), Vitamin K: 1.43µg (1.36%), Vitamin A: 66.32IU (1.33%)