



Pistachio-Lime Vinaigrette



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



171 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 0.3 cup honey
- ☐ 0.3 cup juice of lime fresh
- ☐ 1 cup pistachios
- ☐ 0.3 cup purple onion chopped
- ☐ 1 teaspoon pepper dried red crushed
- ☐ 0.5 teaspoon salt
- ☐ 0.8 cup vegetable oil

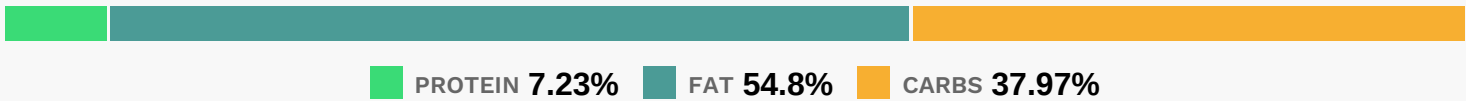
Equipment

☐ blender

Directions

☐ Process first 6 ingredients in blender until smooth. With blender running, add oil in a slow, steady stream. Turn blender off; add pistachios, and pulse until pistachios are finely chopped. Store in refrigerator.

Nutrition Facts



Properties

Glycemic Index:16.16, Glycemic Load:6.65, Inflammation Score:-3, Nutrition Score:4.859565201013%

Flavonoids

Cyanidin: 1.13mg, Cyanidin: 1.13mg, Cyanidin: 1.13mg, Cyanidin: 1.13mg Catechin: 0.55mg, Catechin: 0.55mg, Catechin: 0.55mg, Catechin: 0.55mg Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 1.56mg, Quercetin: 1.56mg, Quercetin: 1.56mg, Quercetin: 1.56mg

Nutrients (% of daily need)

Calories: 170.82kcal (8.54%), Fat: 11.12g (17.1%), Saturated Fat: 1.49g (9.29%), Carbohydrates: 17.33g (5.78%), Net Carbohydrates: 15.49g (5.63%), Sugar: 13.18g (14.64%), Cholesterol: 0mg (0%), Sodium: 150.79mg (6.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.3g (6.6%), Vitamin B6: 0.28mg (14.03%), Copper: 0.21mg (10.67%), Manganese: 0.21mg (10.54%), Vitamin B1: 0.14mg (9.3%), Vitamin K: 9.41µg (8.96%), Phosphorus: 79.75mg (7.98%), Fiber: 1.84g (7.35%), Potassium: 191.55mg (5.47%), Vitamin E: 0.82mg (5.46%), Vitamin C: 4.46mg (5.41%), Magnesium: 20.7mg (5.17%), Iron: 0.74mg (4.09%), Vitamin A: 176.81IU (3.54%), Zinc: 0.4mg (2.66%), Folate: 10.46µg (2.62%), Vitamin B2: 0.04mg (2.12%), Calcium: 20.8mg (2.08%), Selenium: 1.28µg (1.83%), Vitamin B3: 0.27mg (1.36%), Vitamin B5: 0.11mg (1.13%)