



Pistachio Vinaigrette



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



118 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 0.5 teaspoon ground coriander
- ☐ 0.3 teaspoon ground cumin
- ☐ 2 teaspoons honey
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 0.3 teaspoon olive oil
- ☐ 0.3 cup pistachios shelled toasted chopped
- ☐ 0.5 teaspoon salt

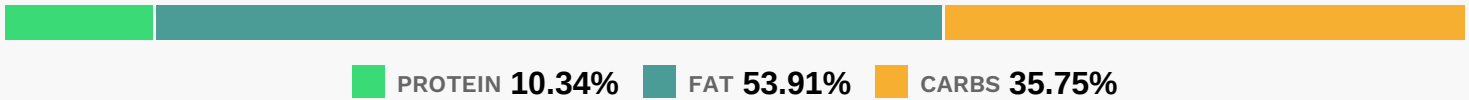
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Whisk together first 5 ingredients in a bowl; slowly whisk in olive oil. Stir in pistachios and chopped fresh cilantro just before serving.

Nutrition Facts



Properties

Glycemic Index:53.64, Glycemic Load:3.49, Inflammation Score:-2, Nutrition Score:4.5530434069426%

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: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg

Nutrients (% of daily need)

Calories: 117.93kcal (5.9%), Fat: 7.66g (11.79%), Saturated Fat: 0.94g (5.86%), Carbohydrates: 11.43g (3.81%), Net Carbohydrates: 9.54g (3.47%), Sugar: 7.31g (8.12%), Cholesterol: 0mg (0%), Sodium: 582.74mg (25.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.3g (6.61%), Vitamin B6: 0.27mg (13.58%), Copper: 0.21mg (10.66%), Manganese: 0.21mg (10.65%), Vitamin B1: 0.14mg (9.36%), Vitamin C: 6.93mg (8.4%), Phosphorus: 80.3mg (8.03%), Fiber: 1.89g (7.56%), Magnesium: 22.33mg (5.58%), Potassium: 189.7mg (5.42%), Iron: 0.91mg (5.04%), Vitamin E: 0.47mg (3.11%), Folate: 11.25µg (2.81%), Zinc: 0.4mg (2.67%), Calcium: 23.97mg (2.4%), Vitamin B2: 0.03mg (1.91%), Vitamin A: 94.87IU (1.9%), Selenium: 1.3µg (1.85%), Vitamin K: 1.55µg (1.48%), Vitamin B3: 0.25mg (1.24%), Vitamin B5: 0.11mg (1.07%)