



## Pomegranate-Orange Dressing

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



32

CALORIES



24 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 2.5 tablespoons balsamic vinegar
- 1 teaspoon brown sugar
- 0.3 cup olive oil extravirgin
- 2 teaspoons rosemary leaves fresh minced
- 4 garlic clove minced
- 0.5 teaspoon ground cumin
- 0.3 teaspoon ground pepper red
- 0.5 teaspoon pepper black

- 2 tablespoons juice of lemon fresh
- 1 cup orange juice fresh
- 2 teaspoons orange zest grated
- 2 tablespoons pomegranate molasses
- 1 teaspoon salt

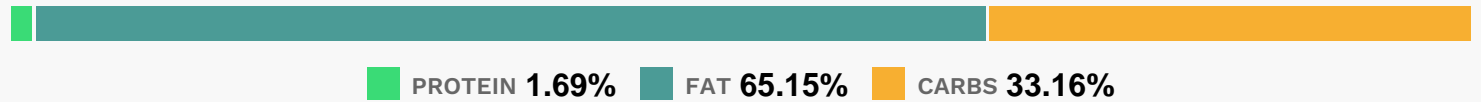
## Equipment

- whisk

## Directions

- Combine all ingredients except oil, stirring with a whisk. Gradually add oil, stirring constantly with a whisk until well combined.
- Note: Refrigerate dressing in an airtight container for up to five days; stir well before using.

## Nutrition Facts



## Properties

Glycemic Index:6.28, Glycemic Load:0.56, Inflammation Score:-1, Nutrition Score:0.61869565267926%

## Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 1.06mg, Hesperetin: 1.06mg, Hesperetin: 1.06mg, Hesperetin: 1.06mg Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

## Nutrients (% of daily need)

Calories: 23.62kcal (1.18%), Fat: 1.72g (2.64%), Saturated Fat: 0.24g (1.48%), Carbohydrates: 1.97g (0.66%), Net Carbohydrates: 1.91g (0.7%), Sugar: 1.43g (1.59%), Cholesterol: 0mg (0%), Sodium: 73.25mg (3.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.1g (0.2%), Vitamin C: 4.54mg (5.5%), Vitamin E: 0.25mg (1.69%), Vitamin K: 1.1µg (1.04%)