



Rice Wine Vinaigrette with Herbs



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



10 min.

SERVINGS



10

CALORIES



29 kcal

SIDE DISH

Ingredients



2 tablespoons chives fresh chopped



2 tablespoons cilantro leaves fresh chopped



2 juice of lime



1 tablespoon soy sauce light



2 tablespoons olive oil



0.3 teaspoon pepper freshly ground



3 tablespoons rice vinegar



0.1 teaspoon sea salt

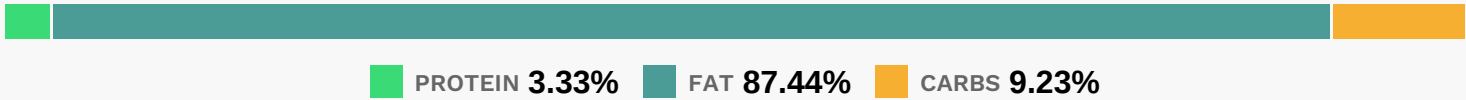
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Combine vinegar and next 4 ingredients in a small bowl. Slowly whisk in oil until well blended. Stir in cilantro and chives. Use immediately, or store in an airtight container in the refrigerator until ready to use; bring to room temperature, and stir or shake to mix.

Nutrition Facts



Properties

Glycemic Index:17.4, Glycemic Load:0.03, Inflammation Score:-1, Nutrition Score:0.64565217980872%

Flavonoids

Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 28.52kcal (1.43%), Fat: 2.81g (4.33%), Saturated Fat: 0.39g (2.43%), Carbohydrates: 0.67g (0.22%), Net Carbohydrates: 0.6g (0.22%), Sugar: 0.15g (0.16%), Cholesterol: 0mg (0%), Sodium: 129.95mg (5.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.24g (0.48%), Vitamin K: 3.33µg (3.17%), Vitamin E: 0.42mg (2.8%), Vitamin C: 2.17mg (2.63%), Manganese: 0.02mg (1.09%)