



## Roasted Pumpkin Seed Oil Vinaigrette

☒ Vegetarian ☒ Vegan ☒ Gluten Free ☒ Dairy Free

READY IN

ready

45 min.

SERVINGS

servings

2

CALORIES

calories

93 kcal

SIDE DISH

## Ingredients

- ☐ 1 tablespoon roasted pumpkin seed oil see Note
- ☐ 0.5 teaspoon ginger fresh minced
- ☐ 1 garlic clove minced
- ☐ 1 teaspoon jalapeño minced
- ☐ 0.3 cup orange juice fresh
- ☐ 1 pinch salt and pepper freshly ground
- ☐ 2 tablespoons soya sauce
- ☐ 2 teaspoons citrus champagne vinegar

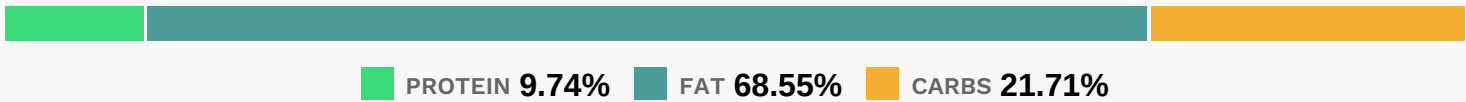
# Equipment

☐ bowl

# Directions

- ☐ Combine all of the ingredients in a bowl.
- ☐ Make Ahead: The vinaigrette can be refrigerated overnight.
- ☐ Serve at room temperature.
- ☐ Serve With: Grilled shrimp; shrimp or vegetable dumplings; chicken salad; avocado–tomato salad; boiled rice noodles
- ☐ Notes: Roasted pumpkin seed oil is available at specialty food stores.

# Nutrition Facts



# Properties

Glycemic Index:72, Glycemic Load:1.95, Inflammation Score:-2, Nutrition Score:2.9995652178059%

# Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

# Nutrients (% of daily need)

Calories: 93.14kcal (4.66%), Fat: 7g (10.77%), Saturated Fat: 1.49g (9.33%), Carbohydrates: 4.99g (1.66%), Net Carbohydrates: 4.67g (1.7%), Sugar: 3.04g (3.37%), Cholesterol: 0mg (0%), Sodium: 1025.96mg (44.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.24g (4.48%), Vitamin C: 18.98mg (23.01%), Manganese: 0.13mg (6.26%), Vitamin B3: 0.88mg (4.41%), Vitamin B6: 0.08mg (3.91%), Folate: 13.31µg (3.33%), Potassium: 116.4mg (3.33%), Phosphorus: 32.19mg (3.22%), Iron: 0.55mg (3.04%), Magnesium: 11.78mg (2.94%), Vitamin B1: 0.04mg (2.84%), Vitamin B2: 0.04mg (2.37%), Copper: 0.05mg (2.26%), Vitamin A: 89.08IU (1.78%), Vitamin B5: 0.14mg (1.44%), Fiber: 0.32g (1.27%), Calcium: 10.42mg (1.04%)