



Shallot and Grapefruit Dressing



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



39 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 2 cups grapefruit juice fresh (3 grapefruits)
- ☐ 1 teaspoon olive oil
- ☐ 2 tablespoons olive oil
- ☐ 0.5 cup shallots chopped
- ☐ 2 teaspoons sugar

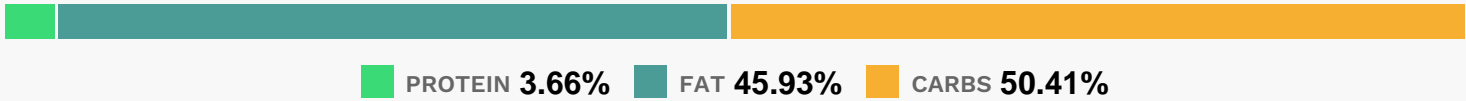
Equipment

- ☐ frying pan
- ☐ blender

Directions

- ☐ Heat 1 teaspoon oil in a large nonstick skillet over medium heat.
- ☐ Add shallots; cook 5 minutes or until golden brown. Stir in juice. Bring to a boil over medium-high heat, and cook until reduced to 1 cup (about 6 minutes).
- ☐ Remove from heat; cool.
- ☐ Place the grapefruit juice mixture, cilantro, sugar, and pepper in a blender; process until smooth. With blender on, slowly add 2 tablespoons oil; process until smooth.

Nutrition Facts



Properties

Glycemic Index:13.26, Glycemic Load:2.21, Inflammation Score:-1, Nutrition Score:1.146521748408%

Flavonoids

Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 38.59kcal (1.93%), Fat: 2.04g (3.14%), Saturated Fat: 0.28g (1.74%), Carbohydrates: 5.04g (1.68%), Net Carbohydrates: 4.76g (1.73%), Sugar: 4.33g (4.81%), Cholesterol: 0mg (0%), Sodium: 1.55mg (0.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.37g (0.73%), Vitamin C: 8.54mg (10.35%), Potassium: 73.19mg (2.09%), Vitamin E: 0.29mg (1.95%), Vitamin K: 1.47µg (1.4%), Manganese: 0.03mg (1.29%), Vitamin B6: 0.03mg (1.28%), Iron: 0.22mg (1.23%), Magnesium: 4.57mg (1.14%), Fiber: 0.28g (1.1%)