



Healthdor

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## Cilantro Dressing ♦♦

A flavorful vegan dressing made with fresh cilantro leaves.

**Recipe Type:** Vegan

**Prep Time:** 10 mins

**Cook Time:** N/A

**Total Time:** 10 mins

**Recipe Yield:** 100 grams

**Number of Servings:** 10

**Serving Size:** 10 g

### Ingredients

50 g	Cilantro
60 ml	olive oil
2 tbsp	lemon juice
2 cloves	garlic
1 tsp	salt
0.5 tsp	pepper

50 ml water

## Directions

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### Step 1

Blender

In a blender, combine cilantro, olive oil, lemon juice, garlic, salt, and pepper.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 2

Blender

Blend until smooth, adding water as needed to achieve desired consistency.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

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### Step 3

Taste and adjust seasoning if necessary.

**Prep Time:** 1 mins

**Cook Time:** 0 mins

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## Nutrition Facts

Calories: 120 kcal

Fat: 10 g

Protein: 1 g

Carbohydrates: 5 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	1 g	5.88%	5.88%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	5 g	9.09%	10%
Fibers	2 g	5.26%	8%
Sugars	1 g	N/A	N/A
Lactose	0 g	N/A	N/A

## Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	8 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	10 g	35.71%	40%
Cholesterol	0 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	1000 iu	111.11%	142.86%
Vitamin C	50 mg	55.56%	66.67%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	20 mg	2%	2%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Iron	1 mg	12.5%	5.56%
Potassium	100 mg	2.94%	3.85%
Zinc	0 mg	0%	0%
Selenium	1 mcg	1.82%	1.82%

## Recipe Attributes

### Seasonality

Summer Fall

### Events

Christmas Easter Thanksgiving Barbecue

### Course

Sauces & Dressings

### Cultural

Chinese New Year Cinco de Mayo Diwali Hanukkah Oktoberfest  
 Passover Ramadan St. Patrick's Day Thanksgiving Christmas Easter  
 Halloween

### Cost

Under \$10

### Meal Type

Brunch Snack Supper

### Difficulty Level

Medium

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