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Chipotle Vinaigrette ♦♦

A spicy and tangy vinaigrette made with chipotle peppers.

Recipe Type: Standard

Prep Time: 10 mins

Cook Time: N/A

Total Time: 10 mins

Recipe Yield: 250 grams

Number of Servings: 10

Serving Size: 25 g

Ingredients

15 g	Chipotle Peppers
100 ml	olive oil
50 ml	lime juice
30 g	honey
2 cloves	garlic
5 g	salt

2 g pepper

Directions

Step 1

Blender

In a blender, combine chipotle peppers, olive oil, lime juice, honey, garlic, salt, and pepper.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Blender

Blend until smooth and well combined.

Prep Time: 0 mins

Cook Time: 0 mins

Step 3

Taste and adjust seasoning if necessary.

Prep Time: 0 mins

Cook Time: 0 mins

Step 4

Refrigerating

Transfer the vinaigrette to a jar or bottle and refrigerate until ready to use.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 100 kcal

Fat: 10 g

Protein: 0 g

Carbohydrates: 5 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	0 g	0%	0%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	5 g	9.09%	10%
Fibers	1 g	2.63%	4%
Sugars	4 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	2 g	9.09%	11.76%
Fat	10 g	35.71%	40%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	50 iu	5.56%	7.14%
Vitamin C	10 mg	11.11%	13.33%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	2 mg	13.33%	13.33%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	200 mg	8.7%	8.7%
Calcium	0 mg	0%	0%
Iron	2 mg	25%	11.11%
Potassium	50 mg	1.47%	1.92%
Zinc	0 mg	0%	0%
Selenium	0 mcg	0%	0%

Recipe Attributes

Cuisines

Mexican

Middle Eastern

Course

Salads

Sauces & Dressings

Breads

Snacks

Cultural

Chinese New Year

Nutritional Content

Low Calorie

Diet

Low FODMAP Diet

Vegan Diet

Ovo-Vegetarian Diet

Lacto-Vegetarian Diet

Lacto-Ovo Vegetarian Diet

Fruitarian Diet

Engine 2 Diet

Blood Type Diet

Ayurvedic Diet

Traditional Chinese Medicine (TCM) Diet

Anti-Inflammatory Diet

The Acid Reflux Diet

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Easy

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