AMERICAN · SAUCE

Orange and Lemon Citrus Vinaigrette with Shallot

10 min · Makes 12 × 2 tbsp · 92 kcal a portion · Video 3:32 · MOMables - Laura Fuentes

Vegetarian · Paleo · Gluten-free ingredients · No dairy listed · No nuts listed

Most of the fat is the monounsaturated kind from extra-virgin olive oil, and the fresh citrus brings the brightness, so a 2-tbsp portion needs only about 1.5 g of sugar from honey.

Diet notes: Keto (2.8 g net carbs a serve).

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Ingredients 7 · MAKES 12 × 2 TBSP

- ☐ ¼ cup **white wine vinegar**
- ☐ ¼ cup **freshly squeezed orange juice**
- ☐ ¼ cup **freshly squeezed lemon juice** (about 2 lemons)
- ☐ ¼ cup minced **shallot** (1 large; optional)
- ☐ 1 tbsp **honey**
- ☐ ½ cup **extra-virgin olive oil**
- ☐ 1 tsp **salt**

Allergens found in the listed ingredients: Sulphites. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Pour the white wine vinegar and olive oil into a jar, then add the honey and salt. 0:21
2. Squeeze in the orange and lemon juice through a small strainer (or your fingers) to catch the pips; grate in a little of the zest too if you want more citrus flavour. 0:57
3. Stir in the finely minced shallot (optional, but it soaks up the citrus flavour), mixing everything with a spoon. 1:54
4. Seal the jar and shake until emulsified. Keep in the fridge for about a week and shake again right before using. 2:32

Tip Makes about 1½ cups. Champagne or apple cider vinegar can replace the white wine vinegar. Lovely on watermelon or orzo salads; add oregano or fresh herbs if you like.

The method is a summary in our words — the video shows every step.

One portion (2 tbsp) gives you 1 OF 12 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
92 kcal 380 kJ	**0.1** g 0% of a day	**2.9** g 2.8 g net · 2.3 g sugars 1% of a day	**0.1** g 0% of a day	**9** g 1.2 g saturated 12% of a day	**190** mg 8% of a day

Energy from net carbs 12% · protein 0% · fat 88% — fits keto: 2.8 g net carbs, 88% of the energy from fat

Recipe and video: MOMables - Laura Fuentes (@MOMables) on YouTube — youtube.com/watch?v=5dDKJpRj50A, published 21 January 2022. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/orange-lemon-citrus-vinaigrette-shallot