

Orange-Soy Vinaigrette

Ingredients:

- ½ cup 100% orange juice
- ½ cup 100% pineapple juice
- 1 tablespoon minced fresh parsley
- 2 tablespoons fresh lime juice
- 2 tablespoons low-sodium soy sauce
- 1 tablespoon extra-virgin olive oil
- 1 tablespoon dark sesame oil
- 2 teaspoons sugar
- 1 teaspoons lemon pepper

Directions: Combine all ingredients in a jar. Cover tightly and shake vigorously. Serve as a dressing for a salad (this is great on spinach salad!) or as a dip for fresh vegetables such as carrots and celery.

Nutrition Facts	
Serving Size 1/4 cup or 2 tablespoons (58g)	
Servings Per Container 4	
Amount Per Serving	
Calories 70	Calories from Fat 40
% Daily Value*	
Total Fat 4.5g	7%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 130mg	5%
Total Carbohydrate 7g	2%
Dietary Fiber 0g	0%
Sugars 6g	
Protein 0g	
Vitamin A 2%	• Vitamin C 6%
Calcium 0%	• Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Nutrition Analysis completed using The Food Processor SQL© Nutrition Analysis Software from ESHA Research, Salem, Oregon.

