MEXICAN · SAUCE

Creamy Cilantro-Lime Dressing with Jalapeño

5 min · Makes 9 × 2 tbsp · 151 kcal a portion · Video 5:36 · The Anthony Kitchen

Vegetarian · Gluten-free ingredients · Dairy-free · Nut-free

Made with avocado oil and lime, so the fat is mostly unsaturated (about 2 g saturated a portion), with about 1 g of carbohydrate; a whole cup of fresh coriander brings the flavour.

Diet notes: Keto (0.8 g net carbs a serve).

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Ingredients 8 · MAKES 9 × 2 TBSP

- [ ] 1 cup **fresh coriander** (cilantro), leaves and tender stems, roughly chopped
- [ ] 1 **jalapeño**, seeds removed, roughly chopped
- [ ] 1 **garlic** clove, roughly chopped
- [ ] ¼ cup **fresh lime juice** (about 2 limes)
- [ ] ¾ tsp **kosher salt**
- [ ] ½ tsp **black pepper**
- [ ] ¼ cup **mayonnaise** (regular; the video uses low-fat)
- [ ] ½ cup **avocado oil** (or canola oil)

Contains: Egg. Check labels on stock, sauces and spice mixes.

Method TIMES = THE MOMENT IN THE VIDEO

1. Roughly chop the coriander (stems and all), the seeded jalapeño and the garlic; there is no need to chop finely. Put them in a small food processor or blender. 1:38
2. Squeeze in the lime juice and add the salt, pepper, mayonnaise and avocado oil. 2:57
3. Blend until the coriander is in tiny flecks and the dressing is smooth, creamy and bright green. 3:25
4. Pour over Tex-Mex salads, use as a dip for vegetables or spoon over tacos. Keep in a closed jar in the fridge for up to 4 days. 4:15

> **Tip** Counted with regular mayonnaise, as in the written recipe; the video uses low-fat mayo, about 25 kcal less a portion. Half an avocado can replace the mayo. Leave some jalapeño seeds in for heat, or use a serrano.

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

One portion (2 tbsp) gives you 1 OF 9 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
151 kcal 630 kJ	0.2 g 0% of a day	1 g 0.8 g net · 0.2 g sugars 0% of a day	0.2 g 1% of a day	17 g 2.1 g saturated 21% of a day	170 mg 7% of a day

Energy from net carbs 2% · protein 1% · fat 97% — fits keto: 0.8 g net carbs, 97% of the energy from fat

High in (20%+ of a day) Omega-3 34%

Source of (10–19%) Vitamin K 13% · Vitamin E 12%

Recipe and video: The Anthony Kitchen (@TheAnthonyKitchen) on YouTube — youtube.com/watch?v=49u92mpiVvw, published 18 July 2020. 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/creamy-cilantro-lime-dressing