



Asian Ginger Dressing



Vegetarian



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



20

CALORIES



29 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons ginger root fresh minced
- ☐ 3 cloves garlic minced
- ☐ 3 tablespoons honey
- ☐ 0.8 cup olive oil
- ☐ 0.3 cup rice vinegar
- ☐ 0.5 cup soya sauce
- ☐ 0.3 cup water

Equipment

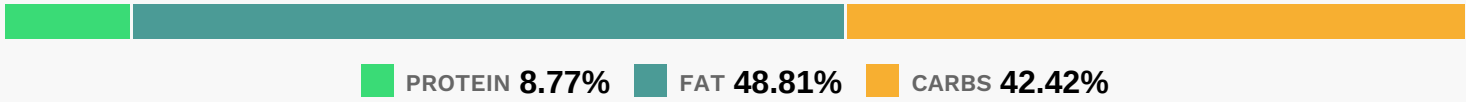
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microwave

Directions

- ☐ In a 1 pint glass jar or larger, combine the garlic, ginger, olive oil, rice vinegar, soy sauce, honey, and water. Cover the jar with a tight fitting lid, and shake well.
- ☐ Remove lid, and heat jar in the microwave for 1 minute just to dissolve the honey.
- ☐ Let cool, and shake well before serving. Store covered in the refrigerator.

Nutrition Facts



Properties

Glycemic Index:8.11, Glycemic Load:1.45, Inflammation Score:-1, Nutrition Score:0.58043479271557%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 29.37kcal (1.47%), Fat: 1.63g (2.51%), Saturated Fat: 0.23g (1.41%), Carbohydrates: 3.19g (1.06%), Net Carbohydrates: 3.12g (1.13%), Sugar: 2.7g (3%), Cholesterol: 0mg (0%), Sodium: 324.55mg (14.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.66g (1.32%), Manganese: 0.04mg (2.15%), Vitamin E: 0.24mg (1.57%), Vitamin B3: 0.24mg (1.21%)