



Asian Salad with Sesame Dressing

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



8

CALORIES



111 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 cup baby corn from a jar
- 0.1 teaspoon pepper black
- 4 ounce water chestnuts rinsed canned
- 1 shallot clove quartered
- 1 cup grape tomatoes halved
- 6 cups mesclun greens mixed dried
- 8 ounce mandarin orange segments drained canned
- 2 teaspoons peanut butter

- 1 bell pepper red seeds removed and sliced julienne
- 0.1 cup rice wine vinegar
- 0.5 teaspoon salt
- 0.5 cup sesame oil
- 1 tablespoon sesame seed

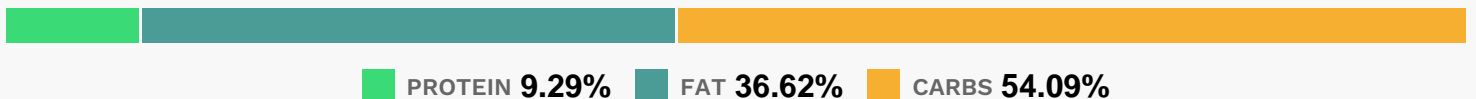
Equipment

- bowl
- blender

Directions

- Add 1 at a time through the feed tube of a running blender, vinegar, shallot, salt, pepper, tahini, and sesame seeds. Leaving the blender running add the oil in a slow thin stream. Set aside briefly.
- Toss greens, corn, orange, bell pepper, water chestnuts, and tomatoes together in a large bowl with enough dressing to coat.
- Serve with additional dressing on the side.

Nutrition Facts



Properties

Glycemic Index:37.31, Glycemic Load:5.06, Inflammation Score:-8, Nutrition Score:7.939130358074%

Flavonoids

Hesperetin: 2.25mg, Hesperetin: 2.25mg, Hesperetin: 2.25mg, Hesperetin: 2.25mg Naringenin: 2.97mg, Naringenin: 2.97mg, Naringenin: 2.97mg, Naringenin: 2.97mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 110.72kcal (5.54%), Fat: 4.92g (7.57%), Saturated Fat: 0.75g (4.71%), Carbohydrates: 16.35g (5.45%), Net Carbohydrates: 13.77g (5.01%), Sugar: 6.3g (7%), Cholesterol: 0mg (0%), Sodium: 166.09mg (7.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.81g (5.62%), Vitamin C: 38.12mg (46.21%), Vitamin A: 1237.23IU (24.74%), Manganese: 0.24mg (12.18%), Fiber: 2.58g (10.32%), Vitamin B6: 0.2mg (9.99%), Folate: 36.44µg (9.11%), Potassium: 285.13mg (8.15%), Vitamin B3: 1.45mg (7.23%), Phosphorus: 67.33mg (6.73%), Magnesium: 26.85mg (6.71%), Copper: 0.13mg (6.4%), Vitamin B1: 0.08mg (5.51%), Vitamin E: 0.76mg (5.04%), Iron: 0.87mg (4.82%), Vitamin B5: 0.46mg (4.62%), Vitamin B2: 0.07mg (4.18%), Zinc: 0.56mg (3.73%), Calcium: 30.44mg (3.04%), Vitamin K: 2.83µg (2.7%), Selenium: 0.83µg (1.19%)