



Asian Sesame Dressing



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



2

CALORIES



274 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper dried red crushed
- ☐ 0.5 teaspoon sesame oil
- ☐ 1 tablespoon soya sauce
- ☐ 2 teaspoons sugar
- ☐ 0.3 cup vegetable oil
- ☐ 2 tablespoons citrus champagne vinegar

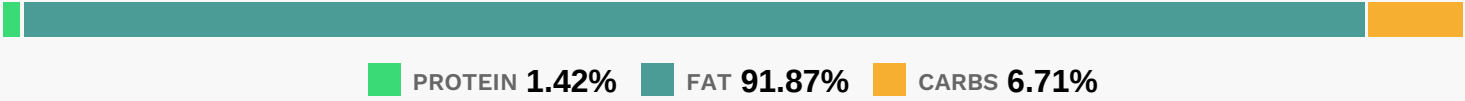
Equipment

- ☐ whisk

Directions

☐ Whisk together all ingredients.

Nutrition Facts



Properties

Glycemic Index:42.55, Glycemic Load:2.86, Inflammation Score:-1, Nutrition Score:3.5186956829351%

Nutrients (% of daily need)

Calories: 274.08kcal (13.7%), Fat: 28.31g (43.55%), Saturated Fat: 4.3g (26.91%), Carbohydrates: 4.65g (1.55%), Net Carbohydrates: 4.49g (1.63%), Sugar: 4.16g (4.63%), Cholesterol: 0mg (0%), Sodium: 508.08mg (22.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.99g (1.97%), Vitamin K: 50.51µg (48.11%), Vitamin E: 2.34mg (15.59%), Manganese: 0.06mg (2.81%), Vitamin B3: 0.38mg (1.92%), Iron: 0.33mg (1.85%), Vitamin A: 74.13IU (1.48%), Phosphorus: 13.65mg (1.37%), Vitamin B6: 0.02mg (1.16%), Magnesium: 4.57mg (1.14%)