



Asian Vinaigrette



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



222 kcal

SIDE DISH

Ingredients

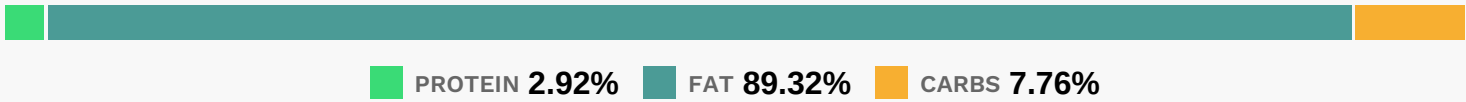
- ☐ 2.5 tablespoons sesame oil dark
- ☐ 2 teaspoons ginger fresh grated
- ☐ 2 garlic cloves minced
- ☐ 0.3 cup vegetable oil; peanut oil preferred
- ☐ 0.3 cup onion red minced
- ☐ 0.3 cup rice wine vinegar
- ☐ 3 tablespoons soya sauce
- ☐ 2 teaspoons sugar

Equipment

Directions

☐ Combine all ingredients in a jar; cover tightly. Shake vigorously.

Nutrition Facts



Properties

Glycemic Index:51.77, Glycemic Load:1.87, Inflammation Score:-1, Nutrition Score:2.03217390868%

Flavonoids

Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.06mg, Quercetin: 2.06mg, Quercetin: 2.06mg, Quercetin: 2.06mg

Nutrients (% of daily need)

Calories: 222.39kcal (11.12%), Fat: 22.29g (34.3%), Saturated Fat: 3.53g (22.08%), Carbohydrates: 4.36g (1.45%), Net Carbohydrates: 4.03g (1.47%), Sugar: 2.69g (2.99%), Cholesterol: 0mg (0%), Sodium: 755.23mg (32.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.64g (3.28%), Vitamin E: 2.25mg (14.99%), Manganese: 0.12mg (5.82%), Vitamin B6: 0.06mg (2.96%), Vitamin B3: 0.56mg (2.81%), Phosphorus: 23.72mg (2.37%), Iron: 0.38mg (2.13%), Magnesium: 7.36mg (1.84%), Potassium: 53.74mg (1.54%), Vitamin C: 1.26mg (1.52%), Vitamin B2: 0.03mg (1.51%), Copper: 0.03mg (1.5%), Fiber: 0.33g (1.32%), Vitamin K: 1.35µg (1.29%), Folate: 4.49µg (1.12%), Vitamin B1: 0.02mg (1.05%)