



Asian Vinaigrette Dressing

 Gluten Free  Dairy Free

READY IN



6 min.

SERVINGS



4

CALORIES



69 kcal

SIDE DISH

Ingredients

- ☐ 1.5 tablespoons creamy peanut butter
- ☐ 2 teaspoons sesame oil dark
- ☐ 1.5 teaspoons fish sauce
- ☐ 2 teaspoons ginger fresh grated peeled
- ☐ 2 garlic cloves minced
- ☐ 3 tablespoons juice of lime
- ☐ 2 teaspoons soya sauce reduced-sodium
- ☐ 2 teaspoons sugar

Equipment

☐ whisk

Directions

☐ Combine all ingredients, stirring with a whisk until smooth.

Nutrition Facts



Properties

Glycemic Index:32.27, Glycemic Load:1.71, Inflammation Score:-1, Nutrition Score:2.0291304481418%

Flavonoids

Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg Hesperetin: 1.01mg, Hesperetin: 1.01mg, Hesperetin: 1.01mg, Hesperetin: 1.01mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 69.26kcal (3.46%), Fat: 5.1g (7.85%), Saturated Fat: 0.9g (5.6%), Carbohydrates: 5.17g (1.72%), Net Carbohydrates: 4.77g (1.73%), Sugar: 2.94g (3.27%), Cholesterol: 0mg (0%), Sodium: 292.99mg (12.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.85g (3.7%), Manganese: 0.13mg (6.66%), Vitamin C: 3.9mg (4.73%), Vitamin B3: 0.91mg (4.56%), Magnesium: 17.51mg (4.38%), Vitamin E: 0.61mg (4.09%), Vitamin B6: 0.06mg (3.2%), Phosphorus: 28.86mg (2.89%), Folate: 8.69µg (2.17%), Potassium: 72.49mg (2.07%), Copper: 0.04mg (1.87%), Fiber: 0.4g (1.61%), Zinc: 0.21mg (1.38%), Vitamin B2: 0.02mg (1.34%), Iron: 0.2mg (1.1%), Vitamin B1: 0.02mg (1.04%), Selenium: 0.71µg (1.01%)