



Basil-Lime Dressing



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



10

CALORIES



33 kcal

SIDE DISH

Ingredients

- ☐ 1 teaspoon sriracha
- ☐ 1 tablespoon fish sauce
- ☐ 0.5 cup basil fresh loosely packed
- ☐ 1 teaspoon ginger fresh grated
- ☐ 1 garlic clove minced
- ☐ 1 tablespoon granulated sugar
- ☐ 0.3 cup juice of lime fresh
- ☐ 2 tablespoons vegetable oil; peanut oil preferred

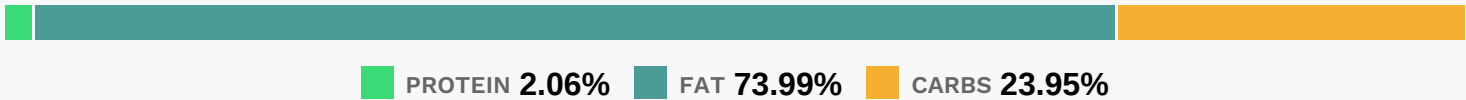
Equipment

☐ food processor

Directions

☐ Process all ingredients in a food processor 20 seconds or until blended.

Nutrition Facts



Properties

Glycemic Index:18.51, Glycemic Load:0.88, Inflammation Score:-1, Nutrition Score:0.83739130587681%

Flavonoids

Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 32.98kcal (1.65%), Fat: 2.82g (4.34%), Saturated Fat: 0.47g (2.97%), Carbohydrates: 2.05g (0.68%), Net Carbohydrates: 1.98g (0.72%), Sugar: 1.46g (1.62%), Cholesterol: 0mg (0%), Sodium: 166.12mg (7.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.18g (0.35%), Vitamin K: 5.04µg (4.8%), Vitamin E: 0.46mg (3.09%), Vitamin C: 2.14mg (2.6%), Vitamin A: 66.57IU (1.33%), Manganese: 0.02mg (1.23%), Magnesium: 4.56mg (1.14%)