



Clementine Dressing with Wasabi and Ginger

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



10

CALORIES



23 kcal

SIDE DISH

Ingredients

- 1 pinch ground pepper
- 2 small 3 large clementines seedless peeled
- 1 dates pitted chopped
- 1 teaspoon ginger minced roughly chopped ()
- 1 tablespoon ground flaxseed
- 0.5 teaspoon soy sauce low-sodium to taste
- 0.5 cup orange juice fresh
- 3 drops sesame oil good toasted (optional, but)

- 0.5 teaspoon wasabi powder
- 5 tablespoons citrus champagne vinegar

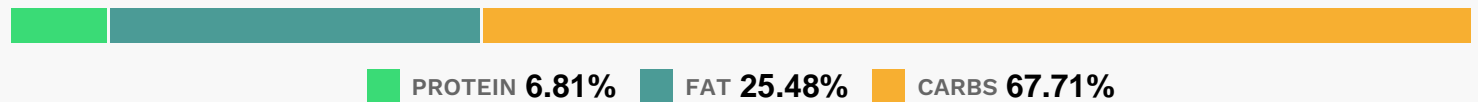
Equipment

- blender

Directions

- Place all ingredients in blender and blend at high speed until smooth. Taste and add additional seasonings as needed. Allow to stand at least 10 minutes to thicken slightly and let the flavor develop.

Nutrition Facts



Properties

Glycemic Index:25.3, Glycemic Load:1.98, Inflammation Score:-1, Nutrition Score:1.5960870002923%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 1.48mg, Hesperetin: 1.48mg, Hesperetin: 1.48mg, Hesperetin: 1.48mg Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 22.71kcal (1.14%), Fat: 0.65g (1%), Saturated Fat: 0.07g (0.45%), Carbohydrates: 3.88g (1.29%), Net Carbohydrates: 3.35g (1.22%), Sugar: 2.86g (3.18%), Cholesterol: 0mg (0%), Sodium: 10.13mg (0.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.39g (0.78%), Vitamin C: 13.51mg (16.37%), Vitamin B1: 0.04mg (2.4%), Fiber: 0.54g (2.14%), Folate: 8.17µg (2.04%), Potassium: 66.4mg (1.9%), Magnesium: 6.5mg (1.62%), Manganese: 0.03mg (1.49%), Copper: 0.02mg (1.16%), Phosphorus: 11.3mg (1.13%), Vitamin B6: 0.02mg (1.08%)