



## Creamy Asian Dip

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



8

CALORIES



60 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 0.1 teaspoon pepper black freshly ground
- 0.5 teaspoon mustard dry
- 2 tablespoons basil fresh chopped
- 1 teaspoon ginger fresh minced
- 0.1 teaspoon ground pepper red
- 0.5 cup mayonnaise light
- 0.3 cup cup heavy whipping cream sour reduced-fat (such as Breakstone's)
- 2 tablespoons soya sauce low-sodium

- 1 tablespoon rice vinegar
- 0.1 teaspoon salt
- 2 teaspoons sesame oil
- 2 teaspoons sesame seed toasted
- 1 teaspoon sugar

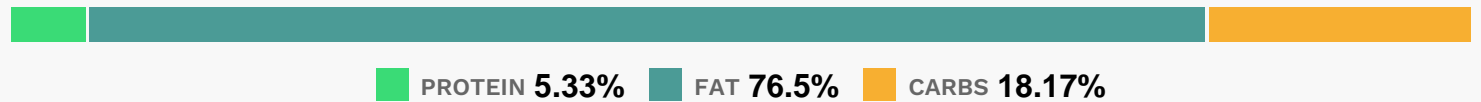
## Equipment

- bowl

## Directions

- Combine all ingredients in a small bowl; stir well. Cover and chill at least 1 hour.

## Nutrition Facts



## Properties

Glycemic Index:38.01, Glycemic Load:0.39, Inflammation Score:-1, Nutrition Score:1.4295652175079%

## Nutrients (% of daily need)

Calories: 60.49kcal (3.02%), Fat: 5.19g (7.98%), Saturated Fat: 1.14g (7.13%), Carbohydrates: 2.77g (0.92%), Net Carbohydrates: 2.64g (0.96%), Sugar: 1.05g (1.17%), Cholesterol: 4.76mg (1.59%), Sodium: 302.27mg (13.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.81g (1.63%), Vitamin K: 9.85µg (9.38%), Vitamin E: 0.38mg (2.54%), Manganese: 0.05mg (2.27%), Calcium: 18.64mg (1.86%), Phosphorus: 18.61mg (1.86%), Magnesium: 6.53mg (1.63%), Copper: 0.03mg (1.51%), Selenium: 1.06µg (1.51%), Vitamin A: 73.01IU (1.46%), Vitamin B2: 0.02mg (1.22%), Potassium: 40.53mg (1.16%), Folate: 4.2µg (1.05%), Iron: 0.19mg (1.04%)