



Creamy Lime Dressing

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



100 kcal

SIDE DISH

Ingredients

- 0.5 cup parsley fresh chopped
- 1 teaspoon garlic powder
- 0.5 cup juice of lime fresh
- 0.5 cup olive oil
- 0.5 teaspoon salt
- 2 tablespoons soya sauce
- 0.3 cup tahini
- 16 ounce tofu firm drained

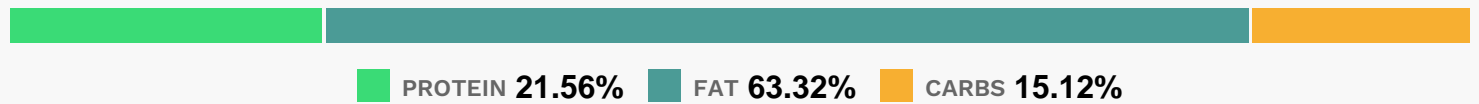
Equipment

- food processor
- blender

Directions

- Process all ingredients in a blender or food processor until smooth, stopping to scrape down sides. Chill until ready to serve.
- *1/2 cup chopped fresh basil may be substituted.
- Note: Tofu is made from soybeans, making it an excellent source of protein and cancer-fighting antioxidants. Look for brands fortified with calcium.

Nutrition Facts



Properties

Glycemic Index:6.7, Glycemic Load:0.17, Inflammation Score:-3, Nutrition Score:5.2330433985461%

Flavonoids

Eriodictyol: 0.26mg, Eriodictyol: 0.26mg, Eriodictyol: 0.26mg, Eriodictyol: 0.26mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 6.47mg, Apigenin: 6.47mg, Apigenin: 6.47mg, Apigenin: 6.47mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 99.97kcal (5%), Fat: 7.37g (11.35%), Saturated Fat: 0.98g (6.1%), Carbohydrates: 3.96g (1.32%), Net Carbohydrates: 3.11g (1.13%), Sugar: 0.43g (0.48%), Cholesterol: 0mg (0%), Sodium: 323.43mg (14.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.65g (11.3%), Vitamin K: 50.57µg (48.17%), Vitamin C: 7.88mg (9.55%), Calcium: 72.04mg (7.2%), Vitamin B1: 0.1mg (6.96%), Iron: 1.12mg (6.23%), Phosphorus: 56.76mg (5.68%), Copper: 0.11mg (5.54%), Vitamin A: 262.79IU (5.26%), Fiber: 0.85g (3.39%), Selenium: 2.18µg (3.11%), Folate: 12.44µg (3.11%), Vitamin B3: 0.54mg (2.7%), Magnesium: 9.84mg (2.46%), Vitamin E: 0.36mg (2.41%), Zinc: 0.34mg (2.29%), Potassium: 69.57mg (1.99%), Vitamin B6: 0.03mg (1.42%), Manganese: 0.03mg (1.41%), Vitamin B2: 0.02mg (1.05%)