



Creamy Orange-Ginger Dressing

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



4

CALORIES



27 kcal

SIDE DISH

Ingredients

- 1 pinch cayenne pepper
- 0.8 teaspoon ginger root fresh grated
- 1 pinch ground cinnamon
- 2 tablespoons orange juice
- 0.3 teaspoon orange peel dried
- 0.5 cup yogurt plain
- 0.3 teaspoon salt
- 1 teaspoon sugar white

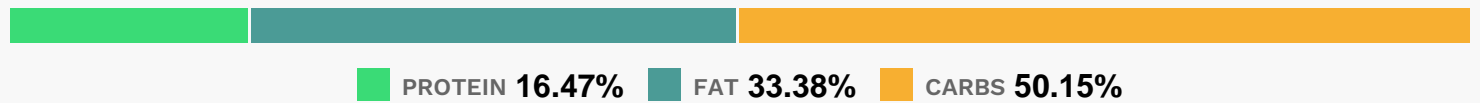
Equipment

- food processor
- blender

Directions

- In a blender or food processor, blend yogurt, orange juice, ginger, salt, sugar, orange peel, cayenne and cinnamon until smooth and creamy. Refrigerate until ready to use.

Nutrition Facts



Properties

Glycemic Index:48.27, Glycemic Load:1.43, Inflammation Score:-1, Nutrition Score:1.3300000063103%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 1.02mg, Hesperetin: 1.02mg, Hesperetin: 1.02mg, Hesperetin: 1.02mg Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 26.98kcal (1.35%), Fat: 1.02g (1.57%), Saturated Fat: 0.65g (4.04%), Carbohydrates: 3.46g (1.15%), Net Carbohydrates: 3.39g (1.23%), Sugar: 3.15g (3.5%), Cholesterol: 3.98mg (1.33%), Sodium: 159.59mg (6.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.14g (2.27%), Vitamin C: 4.61mg (5.59%), Calcium: 38.89mg (3.89%), Phosphorus: 30.8mg (3.08%), Vitamin B2: 0.05mg (2.75%), Potassium: 67.06mg (1.92%), Vitamin B12: 0.11µg (1.89%), Vitamin B5: 0.14mg (1.37%), Zinc: 0.19mg (1.26%), Magnesium: 4.87mg (1.22%), Folate: 4.8µg (1.2%), Vitamin A: 58.39IU (1.17%), Vitamin B1: 0.02mg (1.12%)