



Creamy Oriental Dressing



Vegetarian



Gluten Free



Dairy Free

READY IN



125 min.

SERVINGS



12

CALORIES



168 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup plus light
- ☐ 0.5 teaspoon ground ginger
- ☐ 0.3 teaspoon ground pepper black
- ☐ 1 cup mayonnaise
- ☐ 0.1 teaspoon salt
- ☐ 1.5 teaspoons soya sauce
- ☐ 1 pinch sugar white

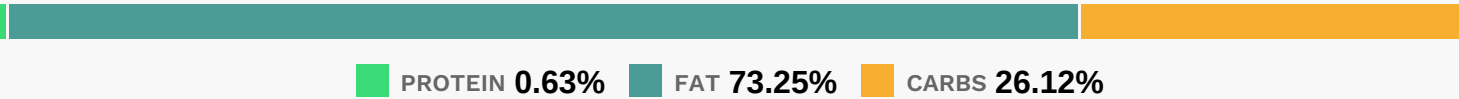
Equipment

- ☐ food processor
- ☐ blender

Directions

- ☐ In a food processor or blender, mix the mayonnaise, corn syrup, salt and pepper until blended.
- ☐ Mix in the soy sauce, ginger and sugar. Blend well and adjust seasoning to taste. Chill 2 hours to blend flavors.

Nutrition Facts



Properties

Glycemic Index:15.51, Glycemic Load:2.2, Inflammation Score:-1, Nutrition Score:1.8052174267562%

Nutrients (% of daily need)

Calories: 168.3kcal (8.41%), Fat: 14g (21.53%), Saturated Fat: 2.19g (13.67%), Carbohydrates: 11.23g (3.74%), Net Carbohydrates: 11.2g (4.07%), Sugar: 11.12g (12.35%), Cholesterol: 7.84mg (2.61%), Sodium: 193.49mg (8.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.27g (0.54%), Vitamin K: 30.5µg (29.04%), Vitamin E: 0.61mg (4.08%), Manganese: 0.04mg (1.91%)