



Creamy soy dressing



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



285 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon cayenne
- ☐ 1 clove garlic minced peeled
- ☐ 0.5 teaspoon ground ginger
- ☐ 1 cup mayonnaise
- ☐ 0.5 teaspoon sesame oil toasted
- ☐ 1 tablespoon soya sauce
- ☐ 3 tablespoons sugar
- ☐ 3 tablespoons citrus champagne vinegar

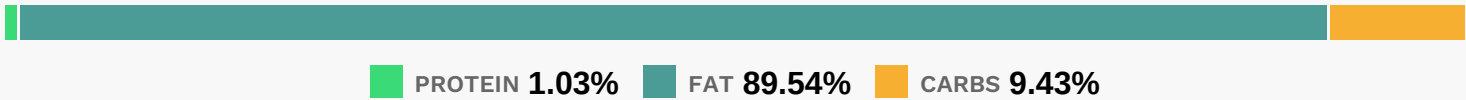
Equipment

☐ whisk

Directions

- ☐ Whisk together 3 tbsp. each sugar and white wine vinegar, 1 tbsp. soy sauce, 1 minced garlic clove, 1/2 tsp. each ground ginger and toasted sesame oil, and 1/4 tsp. cayenne.
- ☐ Whisk in 1 cup mayonnaise.

Nutrition Facts



Properties

Glycemic Index:32.85, Glycemic Load:4.37, Inflammation Score:-1, Nutrition Score:3.7191304085047%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 284.71kcal (14.24%), Fat: 28.3g (43.55%), Saturated Fat: 4.42g (27.64%), Carbohydrates: 6.71g (2.24%), Net Carbohydrates: 6.63g (2.41%), Sugar: 6.27g (6.97%), Cholesterol: 15.68mg (5.23%), Sodium: 405.46mg (17.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.73g (1.47%), Vitamin K: 60.98µg (58.07%), Vitamin E: 1.25mg (8.36%), Manganese: 0.09mg (4.34%), Selenium: 1.09µg (1.56%), Phosphorus: 13.63mg (1.36%), Iron: 0.23mg (1.3%), Vitamin A: 59.04IU (1.18%)