



Fresh Orange-Soy Vinaigrette



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



10

CALORIES



38 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons brown sugar dark
- ☐ 0.1 teaspoon mustard dry
- ☐ 1 teaspoon ginger freshly grated
- ☐ 0.3 cup orange juice
- ☐ 0.3 cup rice vinegar
- ☐ 10 servings salt to taste
- ☐ 1 tablespoon soya sauce
- ☐ 2 tablespoons vegetable oil

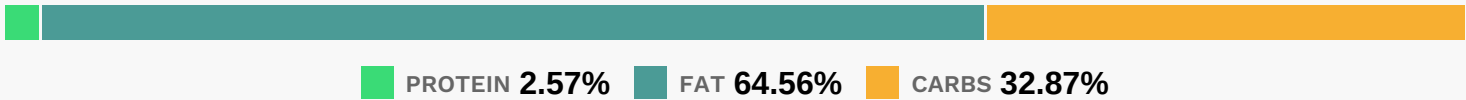
Equipment

☐ food processor

Directions

☐ Combine 1/4 cup rice vinegar and next 6 ingredients in a food processor; pulse 3 to 4 times or until smooth. Season with salt to taste.

Nutrition Facts



Properties

Glycemic Index:13.2, Glycemic Load:0.35, Inflammation Score:-1, Nutrition Score:0.72130434506613%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.74mg, Hesperetin: 0.74mg, Hesperetin: 0.74mg, Hesperetin: 0.74mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 38.47kcal (1.92%), Fat: 2.74g (4.22%), Saturated Fat: 0.42g (2.61%), Carbohydrates: 3.14g (1.05%), Net Carbohydrates: 3.11g (1.13%), Sugar: 2.89g (3.21%), Cholesterol: 0mg (0%), Sodium: 295.23mg (12.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.25g (0.49%), Vitamin K: 5.01µg (4.77%), Vitamin C: 3.11mg (3.77%), Vitamin E: 0.23mg (1.51%)