



Ginger-Curry Vinaigrette



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



82 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2.5 tablespoons curry powder
- ☐ 2 tablespoons ginger fresh minced
- ☐ 0.3 teaspoon hot sauce
- ☐ 1.5 cups olive oil
- ☐ 0.3 teaspoon pepper
- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup citrus champagne vinegar

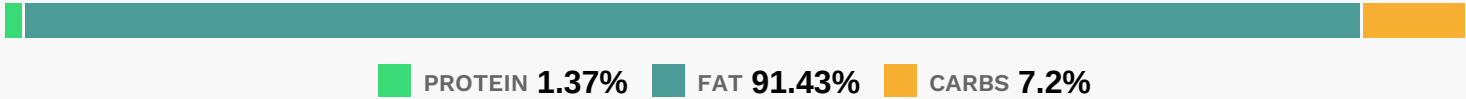
Equipment

blender

Directions

Process first 6 ingredients in a blender until smooth, stopping once to scrape down sides.
Turn blender on high; add oil in a slow, steady stream. Cover and chill.

Nutrition Facts



Properties

Glycemic Index:6.5, Glycemic Load:0.07, Inflammation Score:-1, Nutrition Score:1.7182608928693%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg

Nutrients (% of daily need)

Calories: 82.11kcal (4.11%), Fat: 8.37g (12.88%), Saturated Fat: 1.16g (7.28%), Carbohydrates: 1.48g (0.49%), Net Carbohydrates: 0.81g (0.29%), Sugar: 0.08g (0.09%), Cholesterol: 0mg (0%), Sodium: 78.55mg (3.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.28g (0.56%), Vitamin E: 1.58mg (10.56%), Vitamin K: 6.85µg (6.53%), Manganese: 0.1mg (4.98%), Iron: 0.69mg (3.81%), Fiber: 0.67g (2.69%), Magnesium: 6.23mg (1.56%), Vitamin B6: 0.02mg (1.24%), Potassium: 43.13mg (1.23%), Copper: 0.02mg (1.08%), Calcium: 10.55mg (1.06%)