



Ginger Dipping Sauce

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



5

CALORIES



17 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 teaspoon sesame oil dark
- ☐ 1 tablespoon ginger fresh minced
- ☐ 1 garlic clove minced
- ☐ 1 green onion minced
- ☐ 1 tablespoon rice wine vinegar
- ☐ 2 tablespoons lite soy sauce
- ☐ 2 teaspoons teriyaki sauce

Equipment

☐

whisk

Directions

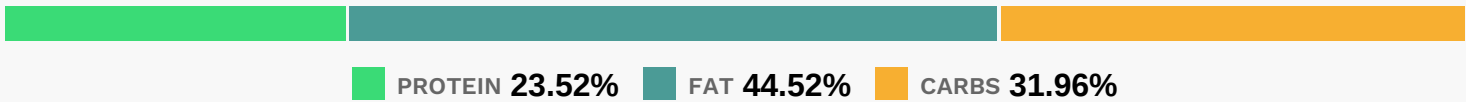
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Saut garlic and ginger in hot oil 1 minute; remove from heat.

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Whisk in remaining ingredients.

Nutrition Facts



Properties

Glycemic Index:28.4, Glycemic Load:0.18, Inflammation Score:-1, Nutrition Score:0.99043477877327%

Flavonoids

Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 16.5kcal (0.83%), Fat: 0.83g (1.27%), Saturated Fat: 0.12g (0.74%), Carbohydrates: 1.33g (0.44%), Net Carbohydrates: 1.17g (0.43%), Sugar: 0.49g (0.54%), Cholesterol: 0mg (0%), Sodium: 478.43mg (20.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.98g (1.96%), Vitamin K: 5.09µg (4.85%), Manganese: 0.05mg (2.74%), Vitamin B3: 0.34mg (1.68%), Phosphorus: 14.81mg (1.48%), Iron: 0.26mg (1.44%), Vitamin B6: 0.03mg (1.38%), Magnesium: 5.35mg (1.34%)