



Ginger-Sesame Dressing



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



3

CALORIES



205 kcal

SIDE DISH

Ingredients

- ☐ 1.5 inch ginger fresh grated (1 tablespoon)
- ☐ 2 garlic cloves minced
- ☐ 0.3 cup grapeseed oil
- ☐ 3 tablespoons juice of lime fresh
- ☐ 0.3 teaspoon pepper flakes red
- ☐ 0.5 teaspoon salt
- ☐ 2 teaspoons sesame oil toasted
- ☐ 1.5 teaspoons sugar

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3 tablespoons citrus champagne vinegar

Equipment

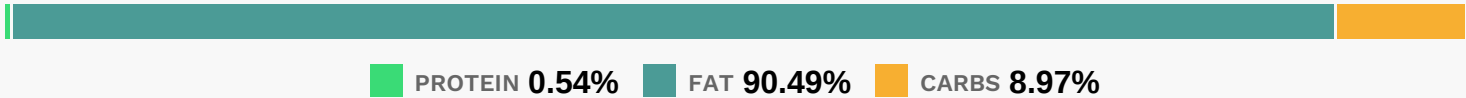
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whisk

Directions

- ☐ Whisk together first 7 ingredients.
- ☐ Add oils, whisking to combine. Store, refrigerated, in an airtight container.

Nutrition Facts



Properties

Glycemic Index:56.36, Glycemic Load:1.66, Inflammation Score:-2, Nutrition Score:2.570000005805%

Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 204.72kcal (10.24%), Fat: 20.91g (32.17%), Saturated Fat: 2.14g (13.36%), Carbohydrates: 4.66g (1.55%), Net Carbohydrates: 4.43g (1.61%), Sugar: 2.34g (2.6%), Cholesterol: 0mg (0%), Sodium: 392.63mg (17.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.28g (0.56%), Vitamin E: 5.38mg (35.84%), Vitamin C: 5.38mg (6.52%), Manganese: 0.05mg (2.75%), Vitamin B6: 0.04mg (1.98%), Potassium: 49.31mg (1.41%), Vitamin A: 57.1IU (1.14%), Copper: 0.02mg (1.08%), Magnesium: 4.06mg (1.02%)