



Ginger-Soy Vinaigrette



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



5

CALORIES



234 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup balsamic vinegar
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 tablespoon ginger fresh minced
- ☐ 2 tablespoons mirin
- ☐ 0.3 cup olive oil
- ☐ 6 tablespoons satay sauce
- ☐ 0.3 teaspoon salt
- ☐ 1 tablespoon sesame oil

- ☐ 3 tablespoons soya sauce
- ☐ 3 tablespoons whole-grain mustard

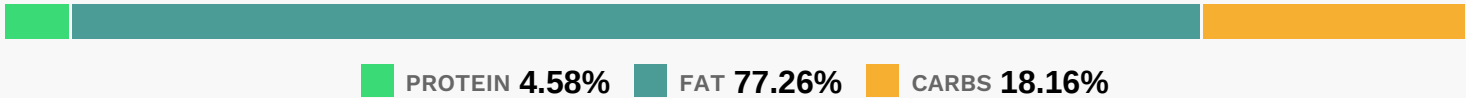
Equipment

- ☐ whisk

Directions

- ☐ Thoroughly whisk together all ingredients.

Nutrition Facts



Properties

Glycemic Index:28.8, Glycemic Load:1.25, Inflammation Score:-1, Nutrition Score:2.5965217624022%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg

Nutrients (% of daily need)

Calories: 233.82kcal (11.69%), Fat: 20.04g (30.82%), Saturated Fat: 2.41g (15.09%), Carbohydrates: 10.6g (3.53%), Net Carbohydrates: 10.05g (3.65%), Sugar: 6.97g (7.75%), Cholesterol: 0mg (0%), Sodium: 1124.53mg (48.89%), Alcohol: 0.68g (100%), Alcohol %: 1.13% (100%), Protein: 2.67g (5.34%), Vitamin E: 2.15mg (14.33%), Vitamin K: 9.51µg (9.06%), Manganese: 0.14mg (6.86%), Selenium: 3.17µg (4.52%), Iron: 0.6mg (3.34%), Magnesium: 11.12mg (2.78%), Phosphorus: 26.97mg (2.7%), Vitamin B3: 0.49mg (2.45%), Fiber: 0.55g (2.21%), Potassium: 59.31mg (1.69%), Vitamin B1: 0.02mg (1.6%), Vitamin B6: 0.03mg (1.53%), Copper: 0.03mg (1.52%), Vitamin B2: 0.02mg (1.36%), Calcium: 12.6mg (1.26%)