



## Ginger Vinaigrette

 Vegetarian  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



294 kcal

SIDE DISH

## Ingredients

- 0.5 teaspoon sesame oil dark
- 1.5 inch ginger fresh peeled coarsely chopped
- 1 garlic clove
- 1 tablespoon honey
- 1 tablespoon soya sauce low-sodium
- 0.3 cup vegetable oil; peanut oil preferred
- 0.1 teaspoon pepper dried red crushed
- 2 tablespoons rice wine vinegar

# Equipment

food processor

# Directions

Process ginger and garlic in a food processor until finely chopped, stopping to scrape down sides.

Add vinegar and next 3 ingredients; process 30 seconds. With processor running, slowly pour oils through food chute.

# Nutrition Facts

**PROTEIN 1.29%** **FAT 84.54%** **CARBS 14.17%**

# Properties

Glycemic Index:73.64, Glycemic Load:4.78, Inflammation Score:-1, Nutrition Score:2.3682608591474%

# Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

# Nutrients (% of daily need)

Calories: 293.67kcal (14.68%), Fat: 28.09g (43.21%), Saturated Fat: 4.72g (29.52%), Carbohydrates: 10.6g (3.53%), Net Carbohydrates: 10.34g (3.76%), Sugar: 8.78g (9.76%), Cholesterol: 0mg (0%), Sodium: 291.73mg (12.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.96g (1.93%), Vitamin E: 4.35mg (28.99%), Manganese: 0.09mg (4.52%), Vitamin B6: 0.04mg (2.25%), Magnesium: 8.71mg (2.18%), Phosphorus: 18.8mg (1.88%), Potassium: 64.18mg (1.83%), Vitamin B2: 0.03mg (1.64%), Iron: 0.24mg (1.35%), Copper: 0.03mg (1.31%), Folate: 4.39µg (1.1%), Fiber: 0.26g (1.03%)