



## Ginger Vinaigrette



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



2

CALORIES



284 kcal

SIDE DISH

## Ingredients

- ☐ 1 tablespoon ginger fresh finely grated
- ☐ 2 servings salt and pepper freshly ground
- ☐ 0.3 cup rice vinegar
- ☐ 1.5 tablespoons sugar
- ☐ 0.3 cup vegetable oil

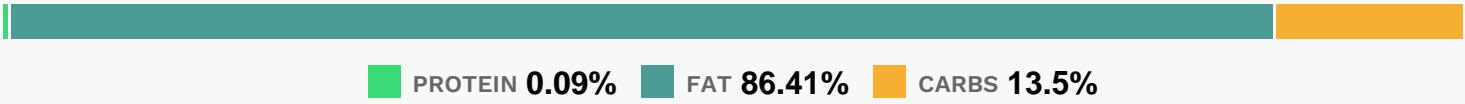
## Equipment

- ☐ bowl
- ☐ whisk

# Directions

- ☐ In a small bowl, mix the rice vinegar with the sugar and grated ginger until the sugar is dissolved.
- ☐ Whisk in the vegetable oil and season the vinaigrette with salt and pepper.

## Nutrition Facts



## Properties

Glycemic Index:67.55, Glycemic Load:6.37, Inflammation Score:-1, Nutrition Score:2.9521738982395%

## Nutrients (% of daily need)

Calories: 284.08kcal (14.2%), Fat: 27.31g (42.01%), Saturated Fat: 4.16g (26.02%), Carbohydrates: 9.6g (3.2%), Net Carbohydrates: 9.53g (3.46%), Sugar: 9.05g (10.06%), Cholesterol: 0mg (0%), Sodium: 194.97mg (8.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.06g (0.13%), Vitamin K: 50.12µg (47.73%), Vitamin E: 2.24mg (14.92%), Manganese: 0.03mg (1.32%)