



## Japanese Salad Dressing

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



5

CALORIES



66 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 0.3 cup celery minced
- 2 tablespoons ginger root fresh minced
- 0.3 teaspoon ground pepper black
- 0.5 juice of lime juiced
- 1 tablespoon catsup
- 0.3 cup soya sauce low-sodium
- 0.3 cup onion minced
- 0.5 cup vegetable oil

1 tablespoon sugar white

## Equipment

food processor

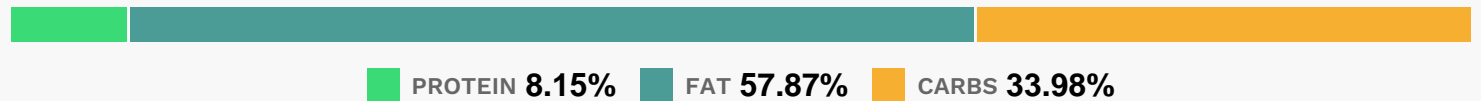
spatula

## Directions

Pulse ginger, onion, and celery in a food processor until thoroughly combined. Scrape down sides of food processor with a spatula.

Add soy sauce, lime juice, sugar, ketchup, and pepper; process until combined, 10 to 20 seconds. Stream oil in a thin stream into the mixture with the processor running; process until well blended.

## Nutrition Facts



## Properties

Glycemic Index:35.22, Glycemic Load:2, Inflammation Score:-2, Nutrition Score:2.0186956537806%

## Flavonoids

Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 2.23mg, Quercetin: 2.23mg, Quercetin: 2.23mg, Quercetin: 2.23mg

## Nutrients (% of daily need)

Calories: 66.29kcal (3.31%), Fat: 4.45g (6.85%), Saturated Fat: 0.68g (4.27%), Carbohydrates: 5.89g (1.96%), Net Carbohydrates: 5.43g (1.98%), Sugar: 3.72g (4.13%), Cholesterol: 0mg (0%), Sodium: 491.14mg (21.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.41g (2.82%), Vitamin K: 9.81µg (9.35%), Manganese: 0.1mg (4.79%), Vitamin E: 0.48mg (3.22%), Magnesium: 12.42mg (3.11%), Potassium: 98.52mg (2.81%), Phosphorus: 27.78mg (2.78%), Folate: 10.35µg (2.59%), Vitamin C: 2.11mg (2.56%), Vitamin B2: 0.04mg (2.55%), Vitamin B6: 0.05mg (2.38%), Fiber: 0.45g (1.81%), Iron: 0.25mg (1.37%), Vitamin B3: 0.24mg (1.22%), Copper: 0.02mg (1.17%), Calcium: 10.08mg (1.01%)