



Jesse's Ginger Salad Dressing



Vegetarian



Gluten Free



Dairy Free



Low Fod Map

READY IN



10 min.

SERVINGS



8

CALORIES



212 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 carrots peeled chopped
- ☐ 2 tablespoons ground ginger
- ☐ 1 cup mayonnaise
- ☐ 2 tablespoons soya sauce
- ☐ 2 tablespoons sugar white

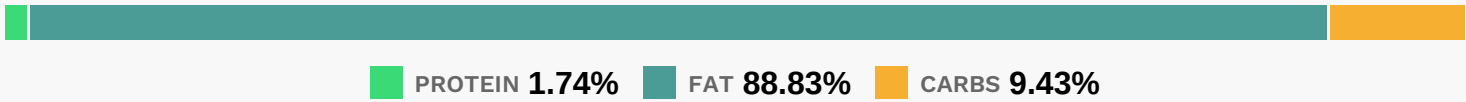
Equipment

- ☐ food processor

Directions

☐ Combine carrot, mayonnaise, ground ginger, soy sauce, and white sugar in a food processor. Blend until smooth.

Nutrition Facts



Properties

Glycemic Index:22.74, Glycemic Load:2.45, Inflammation Score:-7, Nutrition Score:5.2739130725031%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 211.96kcal (10.6%), Fat: 21.03g (32.35%), Saturated Fat: 3.31g (20.7%), Carbohydrates: 5.02g (1.67%), Net Carbohydrates: 4.6g (1.67%), Sugar: 3.63g (4.04%), Cholesterol: 11.76mg (3.92%), Sodium: 434.8mg (18.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.92g (1.85%), Vitamin K: 46.66µg (44.43%), Vitamin A: 1292.41IU (25.85%), Manganese: 0.45mg (22.58%), Vitamin E: 0.97mg (6.46%), Iron: 0.44mg (2.43%), Selenium: 1.4µg (2%), Vitamin B3: 0.37mg (1.86%), Fiber: 0.43g (1.7%), Phosphorus: 16.5mg (1.65%), Potassium: 56.1mg (1.6%), Vitamin B6: 0.03mg (1.48%), Magnesium: 5.67mg (1.42%), Vitamin B2: 0.02mg (1.13%), Copper: 0.02mg (1.05%)