



## Lemon-Ginger Dressing



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



63 kcal

SIDE DISH

### Ingredients

- ☐ 1 teaspoon dijon mustard hot chinese
- ☐ 1.5 tablespoons ginger fresh minced
- ☐ 2 cloves garlic minced
- ☐ 0.5 cup juice of lemon fresh
- ☐ 0.8 cup olive oil
- ☐ 0.3 cup soya sauce
- ☐ 0.3 cup water

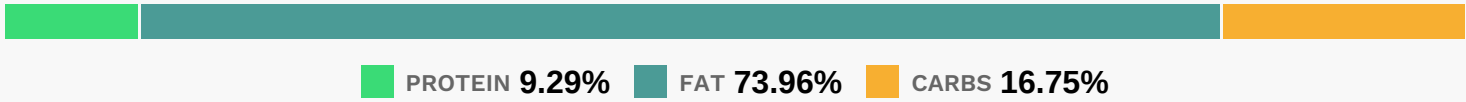
### Equipment

whisk

## Directions

Whisk together all ingredients. Cover and chill.

## Nutrition Facts



## Properties

Glycemic Index:15.33, Glycemic Load:0.23, Inflammation Score:-1, Nutrition Score:2.010000012815%

## Flavonoids

Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg Hesperetin: 2.94mg, Hesperetin: 2.94mg, Hesperetin: 2.94mg, Hesperetin: 2.94mg Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

## Nutrients (% of daily need)

Calories: 63.34kcal (3.17%), Fat: 5.51g (8.47%), Saturated Fat: 0.76g (4.76%), Carbohydrates: 2.81g (0.94%), Net Carbohydrates: 2.55g (0.93%), Sugar: 0.78g (0.87%), Cholesterol: 0mg (0%), Sodium: 730.34mg (31.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.56g (3.11%), Vitamin C: 8.27mg (10.03%), Vitamin E: 0.82mg (5.44%), Manganese: 0.09mg (4.55%), Vitamin K: 3.28µg (3.13%), Vitamin B3: 0.55mg (2.76%), Vitamin B6: 0.05mg (2.55%), Iron: 0.39mg (2.19%), Phosphorus: 21.41mg (2.14%), Magnesium: 7.88mg (1.97%), Potassium: 60.84mg (1.74%), Folate: 6.67µg (1.67%), Copper: 0.03mg (1.49%), Vitamin B2: 0.02mg (1.46%), Vitamin B1: 0.02mg (1.1%), Fiber: 0.26g (1.02%)