

SIDE DISH

Light Carrot-Ginger Dressing

22 September 2026

TOTAL TIME	PREP	SERVES	PER SERVING	CALORIES
10 min	10 min	4	\$0.16	34 kcal



Light Carrot-Ginger Dressing is a gluten free, dairy free, lacto ovo vegetarian, and fodmap friendly side dish. This recipe serves 4. For 16 cents per serving, this recipe covers 3% of your daily requirements of vitamins and minerals.

Ingredients

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| ☐ 1 medium carrot, roughly chopped | ☐ 2 tablespoons chopped peeled ginger |
| ☐ 4 servings Kosher salt | ☐ 1 teaspoon fresh lemon juice |
| ☐ 1 teaspoon packed light brown sugar | ☐ 2 teaspoons low-sodium soy sauce |
| ☐ 2 tablespoons rice vinegar (not seasoned) | ☐ 2 teaspoons sesame oil |

EQUIPMENT Sauce pan, Blender

Method

- 1 Put the carrot and 1 cup water in a small saucepan. Bring to a simmer over medium-low heat and cook until tender, about 15 minutes. Reserve 1/2 cup cooking liquid, then drain the carrot.
- 2 Puree the carrot and reserved cooking liquid in a blender until smooth.
- 3 Add the ginger, brown sugar, vinegar, lemon juice, soy sauce, sesame oil and teaspoon salt; pulse until smooth.
- 4 Photograph by Andrew McCaul

Nutrition per serving

34	0 g	2 g	3 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			0.3 g · 2% of daily needs
Fibre			0.5 g · 2% of daily needs
Sugar			1.8 g · 2% of daily needs
Sodium			295 mg · 13% of daily needs
Cholesterol			0 mg · 0% of daily needs
Vitamin C			1.6 mg · 2% of daily needs

Adapted from Foodnetwork. Find this recipe, ratings and more ideas at whatsheate.com/light-carrot-ginger-dressing-144493