



Lime-Peanut Dressing



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



40 kcal

SIDE DISH

Ingredients

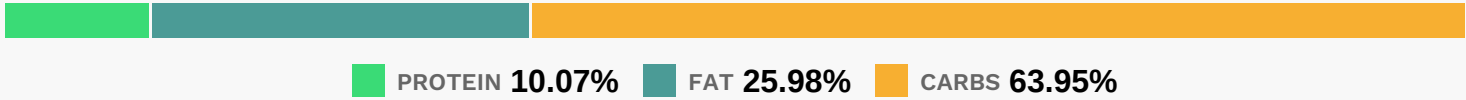
- ☐ 2 tablespoons fish sauce
- ☐ 1 tablespoon cilantro leaves fresh chopped
- ☐ 1 tablespoon ginger fresh minced
- ☐ 4 garlic cloves minced
- ☐ 0.5 cup juice of lime
- ☐ 2 tablespoons roasted peanuts unsalted finely chopped
- ☐ 3 tablespoons sugar

Equipment

Directions

- ☐ Stir together all ingredients until blended.
- ☐ Serve dressing over mixed salad greens and assorted fresh vegetables.

Nutrition Facts



Properties

Glycemic Index:18.39, Glycemic Load:3.3, Inflammation Score:-1, Nutrition Score:1.4999999915776%

Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 40.1kcal (2.01%), Fat: 1.27g (1.95%), Saturated Fat: 0.19g (1.21%), Carbohydrates: 7.01g (2.34%), Net Carbohydrates: 6.68g (2.43%), Sugar: 4.94g (5.49%), Cholesterol: 0mg (0%), Sodium: 364.81mg (15.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.1g (2.21%), Vitamin C: 5.09mg (6.16%), Manganese: 0.1mg (4.98%), Magnesium: 14.05mg (3.51%), Vitamin B3: 0.52mg (2.58%), Vitamin B6: 0.05mg (2.5%), Folate: 7.13µg (1.78%), Potassium: 60.05mg (1.72%), Copper: 0.03mg (1.49%), Phosphorus: 14.72mg (1.47%), Fiber: 0.33g (1.33%), Selenium: 0.86µg (1.23%), Vitamin B1: 0.02mg (1.03%)