



Oriental Sesame Dip

 Vegetarian  Vegan  Gluten Free  Dairy Free  Popular

READY IN



65 min.

SERVINGS



9

CALORIES



62 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 teaspoon garlic powder
- 1 pinch ground pepper
- 0.5 teaspoon pepper flakes red crushed
- 1 tablespoon sesame oil
- 1 tablespoon sesame seed toasted
- 1 cup soya sauce
- 0.5 cup vegetable oil
- 1 cup distilled vinegar white

Equipment

bowl

whisk

Directions

In a medium bowl, whisk together distilled white vinegar, soy sauce, vegetable oil, sesame oil, toasted sesame seeds, crushed red pepper flakes, cayenne pepper and garlic powder. Allow the mixture to stand at room temperature 1 hour before serving.

Nutrition Facts

 **PROTEIN 19.68%**  **FAT 67.9%**  **CARBS 12.42%**

Properties

Glycemic Index:15.22, Glycemic Load:0.23, Inflammation Score:-1, Nutrition Score:2.328695644908%

Nutrients (% of daily need)

Calories: 61.72kcal (3.09%), Fat: 4.46g (6.87%), Saturated Fat: 0.66g (4.12%), Carbohydrates: 1.84g (0.61%), Net Carbohydrates: 1.47g (0.53%), Sugar: 0.47g (0.52%), Cholesterol: 0mg (0%), Sodium: 1442.54mg (62.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.91g (5.82%), Manganese: 0.17mg (8.49%), Vitamin B3: 1.07mg (5.37%), Vitamin K: 4.79µg (4.56%), Iron: 0.78mg (4.34%), Phosphorus: 41.29mg (4.13%), Copper: 0.07mg (3.74%), Magnesium: 14.03mg (3.51%), Vitamin B6: 0.06mg (3.2%), Vitamin B2: 0.04mg (2.52%), Potassium: 63.75mg (1.82%), Vitamin E: 0.27mg (1.79%), Calcium: 16.04mg (1.6%), Vitamin B1: 0.02mg (1.55%), Fiber: 0.37g (1.47%), Folate: 5.62µg (1.41%), Zinc: 0.19mg (1.28%), Selenium: 0.72µg (1.02%)