



Oriental Style Ginger Dressing



Vegetarian



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



16

CALORIES



65 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup ginger root fresh minced
- ☐ 0.3 teaspoon garlic minced
- ☐ 0.3 cup honey
- ☐ 0.3 teaspoon pepper flakes red
- ☐ 1 teaspoon sesame oil
- ☐ 0.3 cup sesame seed
- ☐ 1 cup vegetable oil
- ☐ 1 cup vinegar white

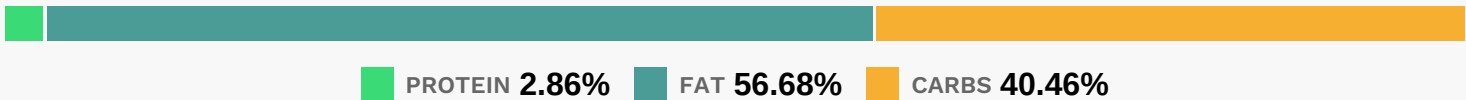
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ In a small bowl, whisk together the oil, honey, vinegar, sesame seeds, ginger, garlic, sesame oil and red pepper flakes.
- ☐ Serve as salad dressing.

Nutrition Facts



Properties

Glycemic Index:11.39, Glycemic Load:3.17, Inflammation Score:-1, Nutrition Score:1.4573913142085%

Nutrients (% of daily need)

Calories: 65.43kcal (3.27%), Fat: 4.16g (6.39%), Saturated Fat: 0.62g (3.86%), Carbohydrates: 6.67g (2.22%), Net Carbohydrates: 6.34g (2.31%), Sugar: 5.84g (6.49%), Cholesterol: 0mg (0%), Sodium: 1.57mg (0.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.47g (0.94%), Copper: 0.1mg (5.15%), Vitamin K: 5.08µg (4.84%), Manganese: 0.08mg (3.84%), Calcium: 24.66mg (2.47%), Magnesium: 9.23mg (2.31%), Iron: 0.39mg (2.17%), Vitamin E: 0.25mg (1.65%), Phosphorus: 16.34mg (1.63%), Selenium: 0.97µg (1.38%), Zinc: 0.21mg (1.37%), Fiber: 0.33g (1.33%), Vitamin B1: 0.02mg (1.27%), Vitamin B6: 0.02mg (1.19%)