



Peanut Butter Salad Dressing

 Vegetarian  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



5

CALORIES



130 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 tablespoons creamy peanut butter
- 1 teaspoon pepper red crushed
- 0.5 teaspoon ginger fresh minced
- 2 tablespoons honey
- 5 servings salad greens mixed
- 0.3 cup orange juice fresh
- 0.3 teaspoon salt
- 0.7 cup vegetable oil

Equipment

bowl

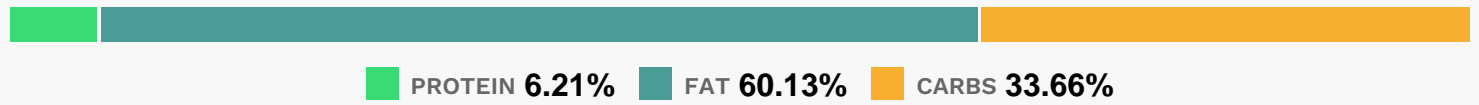
whisk

Directions

Whisk together first 7 ingredients in a bowl until blended and smooth.

Serve over mixed salad greens.

Nutrition Facts



Properties

Glycemic Index:26.65, Glycemic Load:4.65, Inflammation Score:-5, Nutrition Score:4.7117391125016%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 1.98mg, Hesperetin: 1.98mg, Hesperetin: 1.98mg, Hesperetin: 1.98mg Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 130.26kcal (6.51%), Fat: 9.2g (14.16%), Saturated Fat: 1.55g (9.7%), Carbohydrates: 11.59g (3.86%), Net Carbohydrates: 11.09g (4.03%), Sugar: 8.99g (9.99%), Cholesterol: 0mg (0%), Sodium: 161.22mg (7.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.14g (4.28%), Vitamin C: 17.6mg (21.34%), Vitamin A: 606.07IU (12.12%), Vitamin K: 11.15µg (10.62%), Manganese: 0.17mg (8.46%), Vitamin E: 1.22mg (8.12%), Folate: 25.57µg (6.39%), Vitamin B3: 1.2mg (5.98%), Magnesium: 17.89mg (4.47%), Potassium: 150.98mg (4.31%), Phosphorus: 41.71mg (4.17%), Vitamin B6: 0.08mg (3.89%), Copper: 0.06mg (3.09%), Iron: 0.5mg (2.8%), Vitamin B2: 0.04mg (2.6%), Vitamin B1: 0.04mg (2.45%), Fiber: 0.5g (2%), Zinc: 0.29mg (1.94%), Vitamin B5: 0.16mg (1.57%), Calcium: 12.08mg (1.21%)