



food
network

Peanut Dressing



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



10

CALORIES



70 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon ginger fresh grated
- ☐ 3 cloves garlic minced
- ☐ 3 tablespoons green onions chopped
- ☐ 2 cups orange-pineapple juice
- ☐ 0.3 cup peanut butter
- ☐ 10 servings salt
- ☐ 4 tablespoons soya sauce

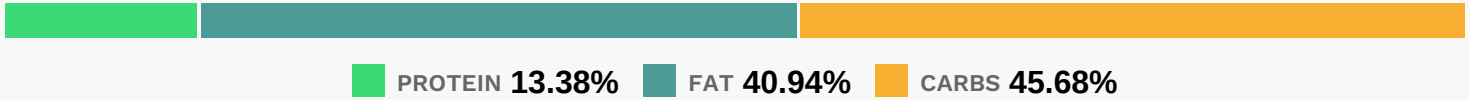
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Place peanut butter and 1/4 cup of the orange–pineapple juice in a medium bowl and stir to combine.
- ☐ Add the rest of the juice and all remaining ingredients and whisk together.
- ☐ Serve as a sauce, dip, or salad dressing.

Nutrition Facts



Properties

Glycemic Index:15.2, Glycemic Load:3.09, Inflammation Score:-2, Nutrition Score:3.51739130979%

Flavonoids

Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 70.32kcal (3.52%), Fat: 3.37g (5.19%), Saturated Fat: 0.66g (4.12%), Carbohydrates: 8.47g (2.82%), Net Carbohydrates: 7.93g (2.88%), Sugar: 5.57g (6.19%), Cholesterol: 0mg (0%), Sodium: 625.13mg (27.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.48g (4.96%), Manganese: 0.39mg (19.42%), Vitamin C: 5.37mg (6.51%), Vitamin B3: 1.26mg (6.29%), Vitamin B6: 0.1mg (5.18%), Magnesium: 20.34mg (5.08%), Folate: 16.59µg (4.15%), Vitamin E: 0.61mg (4.06%), Copper: 0.08mg (3.76%), Phosphorus: 37.28mg (3.73%), Vitamin K: 3.9µg (3.72%), Potassium: 124.52mg (3.56%), Vitamin B1: 0.04mg (2.9%), Iron: 0.48mg (2.65%), Fiber: 0.54g (2.17%), Vitamin B2: 0.04mg (2.11%), Zinc: 0.27mg (1.78%), Calcium: 13.89mg (1.39%), Vitamin B5: 0.13mg (1.3%)