



Peanut-Lime Dressing



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



6

CALORIES



196 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons brown sugar
- ☐ 0.3 cup canola oil
- ☐ 2 tablespoons creamy peanut butter
- ☐ 3 tablespoons sesame oil dark
- ☐ 1 garlic clove peeled
- ☐ 2 green onions cut into 2-inch pieces
- ☐ 0.5 teaspoon kosher salt
- ☐ 0.3 cup juice of lime fresh

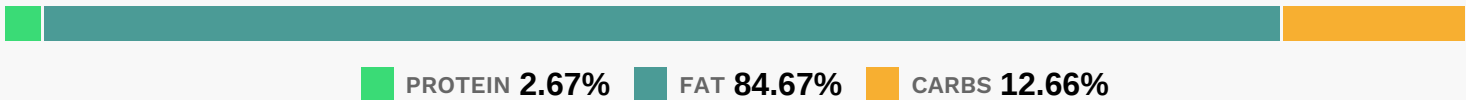
Equipment

- ☐ blender
- ☐ kitchen scissors

Directions

- ☐ Place all ingredients in a blender; process until smooth. Cover and chill up to 3 days.
- ☐ Kids Can Help: Kids can measure the liquids and add them to the blender. They can also squeeze the lime juice, peel the garlic, and snip the onions with a pair of scissors.

Nutrition Facts



Properties

Glycemic Index:12.67, Glycemic Load:0.24, Inflammation Score:-1, Nutrition Score:2.8234782529914%

Flavonoids

Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg

Nutrients (% of daily need)

Calories: 195.97kcal (9.8%), Fat: 19.08g (29.35%), Saturated Fat: 2.22g (13.89%), Carbohydrates: 6.42g (2.14%), Net Carbohydrates: 6.01g (2.19%), Sugar: 4.71g (5.23%), Cholesterol: 0mg (0%), Sodium: 218.72mg (9.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.35g (2.7%), Vitamin K: 15.97µg (15.21%), Vitamin E: 2.26mg (15.08%), Manganese: 0.1mg (4.89%), Vitamin C: 3.93mg (4.77%), Vitamin B3: 0.75mg (3.76%), Magnesium: 11.11mg (2.78%), Phosphorus: 21.9mg (2.19%), Folate: 8.21µg (2.05%), Vitamin B6: 0.04mg (1.89%), Potassium: 60.28mg (1.72%), Fiber: 0.41g (1.64%), Copper: 0.03mg (1.6%), Calcium: 11.25mg (1.13%), Zinc: 0.17mg (1.11%), Iron: 0.2mg (1.11%)