



Persimmon Dressing



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



129 kcal

SIDE DISH

Ingredients

- ☐ 1 teaspoon sage leaves fresh minced
- ☐ 0.5 teaspoon garlic minced
- ☐ 2 tablespoons citrus juice
- ☐ 2 tablespoons mayonnaise
- ☐ 1 tablespoon rice vinegar
- ☐ 0.3 cup salad oil
- ☐ 6 servings salt and pepper
- ☐ 6 tablespoons hachiya persimmon pulp (see notes)

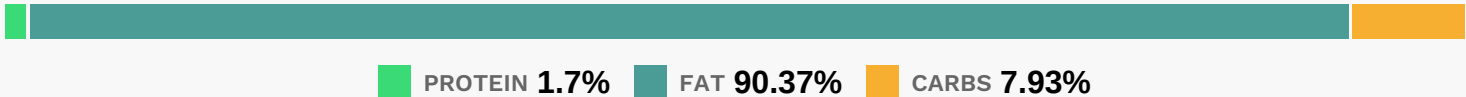
Equipment

- ☐ food processor
- ☐ blender

Directions

- ☐ In a food processor or blender, whirl persimmon pulp, vinegar, sage, garlic, mayonnaise, and juice until smooth and blended.
- ☐ With motor running, pour in oil.
- ☐ Add salt and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:28.46, Glycemic Load:0.26, Inflammation Score:-1, Nutrition Score:4.172608750022%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.24mg, Epicatechin: 0.24mg, Epicatechin: 0.24mg, Epicatechin: 0.24mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 129.26kcal (6.46%), Fat: 13.1g (20.16%), Saturated Fat: 1.27g (7.95%), Carbohydrates: 2.59g (0.86%), Net Carbohydrates: 2.55g (0.93%), Sugar: 0.51g (0.57%), Cholesterol: 1.96mg (0.65%), Sodium: 225.07mg (9.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.56g (1.11%), Copper: 1.04mg (52.13%), Vitamin K: 14.27µg (13.59%), Vitamin E: 1.79mg (11.91%), Manganese: 0.1mg (5.15%), Selenium: 1.73µg (2.47%), Calcium: 15.52mg (1.55%), Iron: 0.25mg (1.4%), Magnesium: 4.8mg (1.2%), Potassium: 40mg (1.14%), Phosphorus: 10.81mg (1.08%), Vitamin B6: 0.02mg (1.07%), Folate: 4.09µg (1.02%)