



Sesame Cream Dressing



Vegetarian



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



311 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon firmly brown sugar packed
- ☐ 6 tablespoons soya sauce reduced-sodium
- ☐ 0.5 cup regular mayonnaise reduced-fat
- ☐ 0.3 cup rice vinegar
- ☐ 3 tablespoons asian sesame oil toasted ()

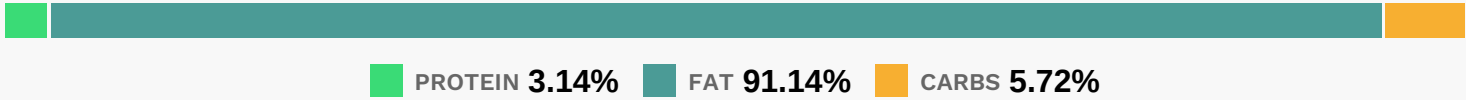
Equipment

- ☐ bowl
- ☐ whisk

Directions

In a bowl, whisk mayonnaise, soy sauce, vinegar, sesame oil, and brown sugar until smooth. If making up to 1 day ahead, cover and chill.

Nutrition Facts



Properties

Glycemic Index:25, Glycemic Load:0.08, Inflammation Score:-1, Nutrition Score:3.9817392178204%

Nutrients (% of daily need)

Calories: 311.17kcal (15.56%), Fat: 31.52g (48.49%), Saturated Fat: 4.78g (29.85%), Carbohydrates: 4.45g (1.48%), Net Carbohydrates: 4.28g (1.56%), Sugar: 3.2g (3.55%), Cholesterol: 11.76mg (3.92%), Sodium: 1042.96mg (45.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.44g (4.89%), Vitamin K: 47.07µg (44.83%), Vitamin E: 1.16mg (7.76%), Manganese: 0.11mg (5.72%), Phosphorus: 46.48mg (4.65%), Magnesium: 17.27mg (4.32%), Vitamin B2: 0.06mg (3.7%), Folate: 11.99µg (3%), Potassium: 94.39mg (2.7%), Iron: 0.41mg (2.27%), Vitamin B6: 0.04mg (2.09%), Zinc: 0.23mg (1.56%), Vitamin B3: 0.28mg (1.38%), Calcium: 12.89mg (1.29%), Vitamin B5: 0.13mg (1.29%), Selenium: 0.88µg (1.26%)