



Sesame Dipping Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



6 min.

SERVINGS



8

CALORIES



13 kcal

SAUCE

Ingredients

- ☐ 2 teaspoons sesame oil dark
- ☐ 1 teaspoon ginger fresh minced peeled
- ☐ 2 tablespoons green onions finely chopped
- ☐ 0.3 cup juice of lime fresh
- ☐ 1 tablespoon soy sauce
- ☐ 1 Dash salt
- ☐ 2 tablespoons water

Equipment

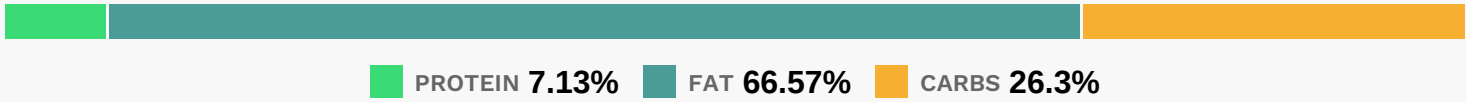
- ☐ bowl
- ☐ whisk

Directions

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Combine lime juice, water, soy sauce, sesame oil, salt, and ground red pepper, if desired, in a medium bowl; stir with a whisk. Stir in green onions and ginger.

Nutrition Facts



Properties

Glycemic Index:5.88, Glycemic Load:0.03, Inflammation Score:0, Nutrition Score:0.55739130565654%

Flavonoids

Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg Hesperetin: 0.68mg, Hesperetin: 0.68mg, Hesperetin: 0.68mg, Hesperetin: 0.68mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 12.55kcal (0.63%), Fat: 1.02g (1.56%), Saturated Fat: 0.14g (0.9%), Carbohydrates: 0.9g (0.3%), Net Carbohydrates: 0.81g (0.3%), Sugar: 0.18g (0.2%), Cholesterol: 0mg (0%), Sodium: 77.46mg (3.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.24g (0.49%), Vitamin K: 3.29µg (3.13%), Vitamin C: 2.56mg (3.11%)