



Sesame-Ginger Dressing



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



5

CALORIES



94 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoons ginger fresh minced
- ☐ 1 garlic clove minced
- ☐ 1 tablespoon honey
- ☐ 3 tablespoons rice vinegar
- ☐ 3 tablespoons sesame oil
- ☐ 1 tablespoon teriyaki sauce

Equipment

- ☐ food processor

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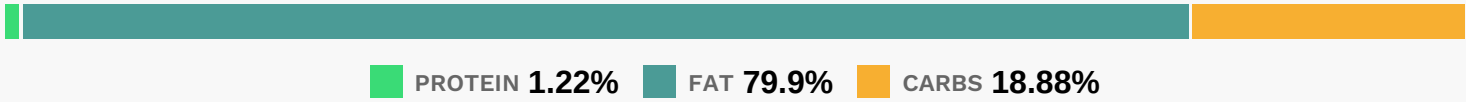
blender

Directions

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Combine all ingredients in a blender or food processor until well blended.

Nutrition Facts



Properties

Glycemic Index:29.45, Glycemic Load:1.9, Inflammation Score:-1, Nutrition Score:0.40478260815144%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 93.97kcal (4.7%), Fat: 8.41g (12.94%), Saturated Fat: 1.2g (7.48%), Carbohydrates: 4.47g (1.49%), Net Carbohydrates: 4.42g (1.61%), Sugar: 3.99g (4.43%), Cholesterol: 0mg (0%), Sodium: 138.52mg (6.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.29g (0.58%), Vitamin K: 1.15µg (1.1%), Manganese: 0.02mg (1.09%)