



Sesame-Soy Vinaigrette

 Vegetarian  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



214 kcal

SIDE DISH

Ingredients

- 0.3 cup sesame oil dark
- 1 teaspoon ginger fresh grated
- 1 tablespoon honey
- 2 tablespoons juice of lime
- 3 tablespoons chunky peanut butter
- 0.3 teaspoon pepper dried red crushed
- 0.3 cup rice vinegar

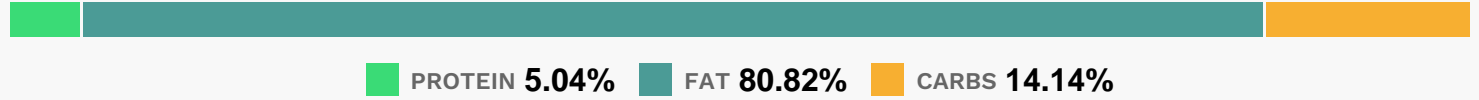
Equipment

whisk

Directions

Whisk together all ingredients.

Nutrition Facts



Properties

Glycemic Index:32.82, Glycemic Load:2.56, Inflammation Score:-2, Nutrition Score:2.8573913107748%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 213.54kcal (10.68%), Fat: 19.78g (30.44%), Saturated Fat: 3.15g (19.7%), Carbohydrates: 7.79g (2.6%), Net Carbohydrates: 7.12g (2.59%), Sugar: 5.72g (6.36%), Cholesterol: 0mg (0%), Sodium: 54.27mg (2.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.77g (5.55%), Manganese: 0.19mg (9.68%), Vitamin E: 1.35mg (9%), Vitamin B3: 1.63mg (8.16%), Magnesium: 21.55mg (5.39%), Phosphorus: 43.12mg (4.31%), Vitamin B6: 0.06mg (3.04%), Copper: 0.06mg (2.88%), Folate: 11.27µg (2.82%), Vitamin C: 2.3mg (2.79%), Fiber: 0.67g (2.68%), Potassium: 84.02mg (2.4%), Zinc: 0.33mg (2.21%), Vitamin K: 2.07µg (1.97%), Vitamin B2: 0.03mg (1.61%), Iron: 0.27mg (1.48%), Vitamin B5: 0.14mg (1.42%), Vitamin B1: 0.02mg (1.26%)