



Sesame Tofu Dressing



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



52 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon pepper hot
- ☐ 0.3 cup cilantro leaves fresh coarsely chopped
- ☐ 2 cloves garlic peeled
- ☐ 0.3 cup spring onion thinly sliced (including tops)
- ☐ 3 tablespoons honey
- ☐ 2 teaspoons soy sauce low-sodium
- ☐ 1 cup seasoned rice vinegar
- ☐ 2 teaspoons sesame oil toasted ()

☐ 12 oz silken tofu soft

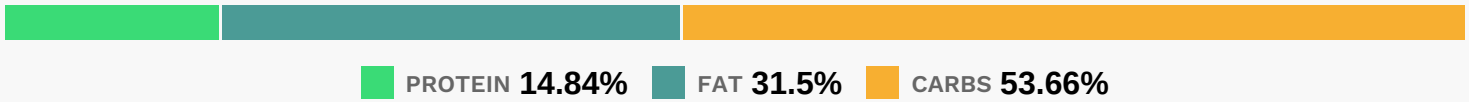
Equipment

- ☐ food processor
- ☐ paper towels
- ☐ blender
- ☐ colander

Directions

- ☐ Drain tofu in a colander for about 5 minutes, then pat dry with paper towels.
- ☐ In a food processor or blender, combine tofu, vinegar, garlic, cilantro, green onions, honey, sesame oil, soy sauce, and chili flakes. Whirl until very smooth.

Nutrition Facts



Properties

Glycemic Index:19.63, Glycemic Load:2.81, Inflammation Score:-1, Nutrition Score:1.6117391165184%

Flavonoids

Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg

Nutrients (% of daily need)

Calories: 52.19kcal (2.61%), Fat: 1.75g (2.69%), Saturated Fat: 0.24g (1.5%), Carbohydrates: 6.7g (2.23%), Net Carbohydrates: 6.51g (2.37%), Sugar: 5.71g (6.34%), Cholesterol: 0mg (0%), Sodium: 40.85mg (1.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.85g (3.7%), Vitamin K: 7.05µg (6.72%), Copper: 0.08mg (4.04%), Magnesium: 11.87mg (2.97%), Phosphorus: 26.42mg (2.64%), Vitamin B1: 0.04mg (2.51%), Potassium: 82.58mg (2.36%), Iron: 0.4mg (2.23%), Manganese: 0.04mg (2.07%), Vitamin A: 90.62IU (1.81%), Calcium: 16.33mg (1.63%), Zinc: 0.22mg (1.5%), Vitamin B2: 0.02mg (1.35%), Vitamin C: 0.83mg (1.01%)