



Sesame Vinaigrette



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



2

CALORIES



123 kcal

SIDE DISH

Ingredients



3 tablespoons soya sauce low-sodium



1 tablespoon sesame oil



2 tablespoons sesame seed toasted



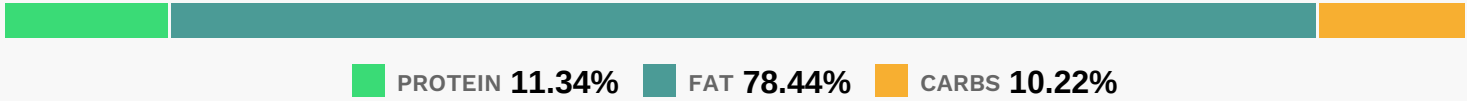
1 tablespoon citrus champagne vinegar

Equipment

Directions

- ☐ Combine all ingredients in a jar. Cover tightly, and shake vigorously. Cover and chillthoroughly; shake well before serving.
- ☐ Serve with sweet red peppers, green beans, or salad greens; or use in marinades for poultry or fish.

Nutrition Facts



Properties

Glycemic Index:17.5, Glycemic Load:0.33, Inflammation Score:-2, Nutrition Score:4.8852174203519%

Nutrients (% of daily need)

Calories: 122.82kcal (6.14%), Fat: 11.05g (16.99%), Saturated Fat: 1.56g (9.74%), Carbohydrates: 3.24g (1.08%), Net Carbohydrates: 2.13g (0.77%), Sugar: 0.14g (0.16%), Cholesterol: 0mg (0%), Sodium: 865.48mg (37.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.59g (7.19%), Copper: 0.34mg (16.95%), Manganese: 0.3mg (15.1%), Magnesium: 44.94mg (11.23%), Phosphorus: 90.76mg (9.08%), Calcium: 85.65mg (8.56%), Iron: 1.52mg (8.45%), Zinc: 0.81mg (5.41%), Vitamin B6: 0.1mg (5.08%), Vitamin B1: 0.07mg (4.86%), Folate: 18.32µg (4.58%), Vitamin B2: 0.08mg (4.55%), Fiber: 1.11g (4.45%), Selenium: 2.87µg (4.1%), Potassium: 124.85mg (3.57%), Vitamin B3: 0.63mg (3.17%), Vitamin E: 0.22mg (1.44%)