



## Soy Ginger Dipping Sauce

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



44 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

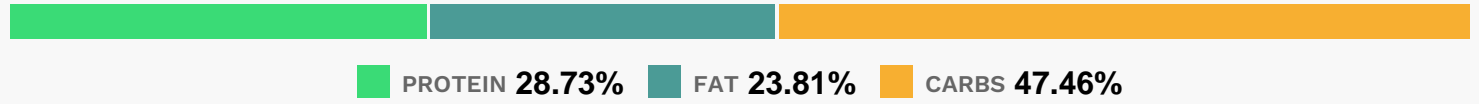
- 2 medium cloves garlic minced
- 2 tablespoons ginger finely grated
- 2 tablespoons green onion chopped
- 0.5 cup soya sauce low-sodium
- 0.3 cup rice wine vinegar
- 1 teaspoon sesame oil
- 2 teaspoons sugar

### Equipment

## Directions

- Watch how to make this recipe.
- Add all of the ingredients to a lidded jar and shake well to combine.
- Serve as a dipping sauce for tempura.

## Nutrition Facts



## Properties

Glycemic Index:49.27, Glycemic Load:1.67, Inflammation Score:-2, Nutrition Score:2.6973913182383%

## Flavonoids

Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

## Nutrients (% of daily need)

Calories: 43.57kcal (2.18%), Fat: 1.14g (1.76%), Saturated Fat: 0.16g (1.02%), Carbohydrates: 5.12g (1.71%), Net Carbohydrates: 4.72g (1.71%), Sugar: 2.31g (2.56%), Cholesterol: 0mg (0%), Sodium: 1149.03mg (49.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.1g (6.2%), Manganese: 0.18mg (9.09%), Magnesium: 24.63mg (6.16%), Vitamin K: 6.38µg (6.07%), Phosphorus: 58.15mg (5.81%), Vitamin B2: 0.08mg (4.83%), Folate: 16.38µg (4.09%), Potassium: 141.38mg (4.04%), Vitamin B6: 0.08mg (3.85%), Iron: 0.53mg (2.93%), Vitamin B3: 0.42mg (2.08%), Zinc: 0.29mg (1.96%), Fiber: 0.4g (1.61%), Calcium: 15.97mg (1.6%), Copper: 0.03mg (1.58%), Vitamin C: 1.21mg (1.46%), Vitamin B1: 0.02mg (1.22%), Vitamin B5: 0.12mg (1.2%), Vitamin E: 0.17mg (1.14%)