



Soy-Ginger Dressing

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



5 min.

SERVINGS



5

CALORIES



63 kcal

SIDE DISH

Ingredients

- 2 tablespoons canola oil
- 1 teaspoon ginger freshly grated
- 3 tablespoons juice of lime fresh
- 2 tablespoons rice vinegar
- 0.3 cup soya sauce

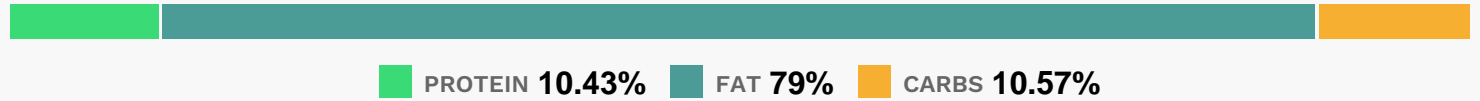
Equipment

- bowl
- whisk

Directions

- In a small bowl, whisk together soy sauce, lime juice, vinegar and ginger. Slowly drizzle in oil in a steady stream, whisking constantly. Cover and refrigerate.
- Whisk or shake well just before using.

Nutrition Facts



Properties

Glycemic Index:16, Glycemic Load:0.12, Inflammation Score:-1, Nutrition Score:1.6221739047247%

Flavonoids

Eriodictyol: 0.2mg, Eriodictyol: 0.2mg, Eriodictyol: 0.2mg, Eriodictyol: 0.2mg Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 62.51kcal (3.13%), Fat: 5.62g (8.65%), Saturated Fat: 0.42g (2.6%), Carbohydrates: 1.69g (0.56%), Net Carbohydrates: 1.53g (0.55%), Sugar: 0.42g (0.47%), Cholesterol: 0mg (0%), Sodium: 864.33mg (37.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.67g (3.34%), Vitamin E: 1mg (6.67%), Manganese: 0.08mg (4.16%), Vitamin K: 4.05µg (3.85%), Vitamin C: 2.72mg (3.3%), Vitamin B3: 0.63mg (3.13%), Phosphorus: 21.76mg (2.18%), Iron: 0.38mg (2.11%), Magnesium: 7.14mg (1.79%), Vitamin B6: 0.04mg (1.75%), Vitamin B2: 0.03mg (1.47%), Potassium: 45.11mg (1.29%), Copper: 0.02mg (1.23%)