



Soy-Sesame Dipping Sauce

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



11 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 teaspoons sesame oil dark
- 4 large garlic cloves minced
- 2 tablespoons green onions fresh minced
- 2 tablespoons juice of lemon fresh
- 0.5 cup soya sauce low-sodium
- 0.3 cup rice vinegar

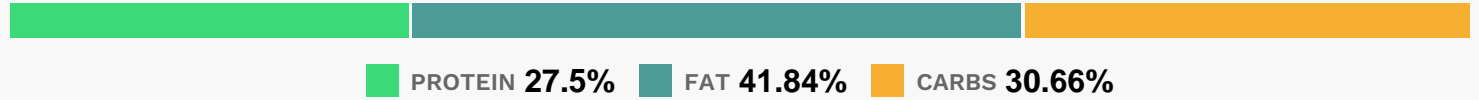
Equipment

- whisk

Directions

- Combine all ingredients; stir well with a whisk. Cover; let stand at least 15 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:7, Glycemic Load:0.08, Inflammation Score:-1, Nutrition Score:0.75173913007197%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 11.45kcal (0.57%), Fat: 0.53g (0.82%), Saturated Fat: 0.08g (0.47%), Carbohydrates: 0.88g (0.29%), Net Carbohydrates: 0.78g (0.28%), Sugar: 0.11g (0.13%), Cholesterol: 0mg (0%), Sodium: 287.22mg (12.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.79g (1.58%), Manganese: 0.05mg (2.5%), Vitamin K: 1.63µg (1.56%), Phosphorus: 14.96mg (1.5%), Magnesium: 5.99mg (1.5%), Vitamin C: 1.1mg (1.33%), Vitamin B2: 0.02mg (1.23%), Vitamin B6: 0.02mg (1.17%), Folate: 4.38µg (1.1%)