



Soy-Sesame Dressing

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



5 min.

SERVINGS



5

CALORIES



166 kcal

SIDE DISH

Ingredients

- 1 tsp asian garlic-chili sauce
- 1 tablespoon brown sugar light
- 0.3 cup juice of lime fresh
- 3 tablespoons olive oil
- 3 tablespoons sesame oil
- 2 tablespoons lite soy sauce

Equipment

- whisk

Directions

Whisk together all ingredients.

Nutrition Facts

PROTEIN 1.9% **FAT 88.71%** **CARBS 9.39%**

Properties

Glycemic Index:3, Glycemic Load:0.05, Inflammation Score:-1, Nutrition Score:1.4352173704816%

Flavonoids

Eriodictyol: 0.26mg, Eriodictyol: 0.26mg, Eriodictyol: 0.26mg, Eriodictyol: 0.26mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 166.14kcal (8.31%), Fat: 16.82g (25.87%), Saturated Fat: 2.35g (14.71%), Carbohydrates: 4.01g (1.34%), Net Carbohydrates: 3.86g (1.4%), Sugar: 2.83g (3.14%), Cholesterol: 0mg (0%), Sodium: 452.4mg (19.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.81g (1.62%), Vitamin E: 1.35mg (9.03%), Vitamin K: 6.27µg (5.97%), Vitamin C: 3.63mg (4.4%), Manganese: 0.04mg (1.98%), Vitamin B3: 0.3mg (1.52%), Iron: 0.25mg (1.37%), Phosphorus: 11.15mg (1.12%), Magnesium: 4.06mg (1.02%)