



Special Sauce



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



32

CALORIES



15 kcal

SAUCE

Ingredients

- ☐ 2 tablespoons dijon mustard
- ☐ 0.5 teaspoon ginger fresh peeled finely chopped
- ☐ 1.5 tablespoons spring onion finely chopped
- ☐ 1 tablespoon honey
- ☐ 0.8 cup mayonnaise reduced-fat
- ☐ 1 teaspoon soy sauce low-sodium
- ☐ 1 teaspoon orange juice fresh

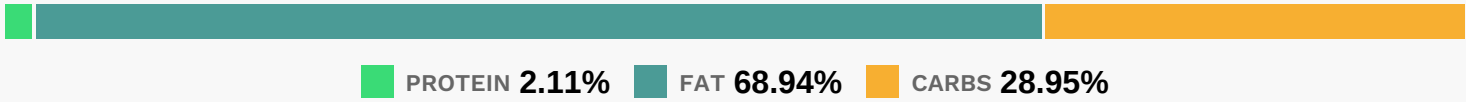
Equipment

bowl

Directions

Combine all ingredients in a medium bowl. Cover; refrigerate.

Nutrition Facts



Properties

Glycemic Index:5.73, Glycemic Load:0.3, Inflammation Score:-1, Nutrition Score:0.31478261186377%

Flavonoids

Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 15.36kcal (0.77%), Fat: 1.2g (1.84%), Saturated Fat: 0.18g (1.15%), Carbohydrates: 1.13g (0.38%), Net Carbohydrates: 1.08g (0.39%), Sugar: 0.77g (0.85%), Cholesterol: 0.84mg (0.28%), Sodium: 59.43mg (2.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.08g (0.17%), Vitamin K: 3.42µg (3.25%)