



## Susan's Lite Goddess Dressing

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



11 min.

SERVINGS



10

CALORIES



22 kcal

SIDE DISH

### Ingredients

- 1.5 tablespoons apple cider vinegar
- 1 tablespoon parsley fresh packed chopped
- 1 large clove garlic
- 2 spring onion chopped
- 2 tablespoons juice of lemon
- 2 teaspoons soy sauce low-sodium
- 0.5 teaspoon salt
- 0.3 teaspoon sesame oil

- 6 ounces silken tofu firm ()
- 1 tablespoon tahini
- 0.3 cup water

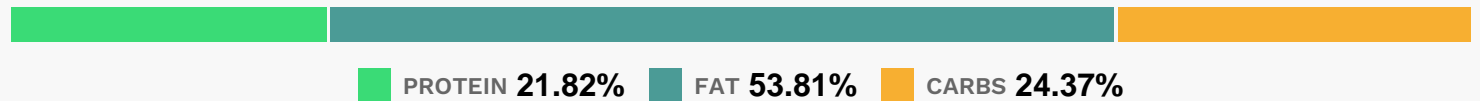
## Equipment

- blender

## Directions

- Place all ingredients in blender and process until smooth. (The Magic Bullet worked well for this.)

## Nutrition Facts



## Properties

Glycemic Index:13.4, Glycemic Load:0.08, Inflammation Score:-1, Nutrition Score:1.6408695575336%

## Flavonoids

Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.86mg, Apigenin: 0.86mg, Apigenin: 0.86mg, Apigenin: 0.86mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

## Nutrients (% of daily need)

Calories: 22.18kcal (1.11%), Fat: 1.37g (2.11%), Saturated Fat: 0.19g (1.18%), Carbohydrates: 1.4g (0.47%), Net Carbohydrates: 1.22g (0.44%), Sugar: 0.37g (0.42%), Cholesterol: 0mg (0%), Sodium: 154.75mg (6.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.25g (2.51%), Vitamin K: 11.55µg (11%), Copper: 0.06mg (3.25%), Vitamin B1: 0.04mg (2.95%), Vitamin C: 2.3mg (2.79%), Phosphorus: 26.06mg (2.61%), Magnesium: 8.16mg (2.04%), Iron: 0.29mg (1.63%), Potassium: 55.82mg (1.59%), Zinc: 0.19mg (1.24%), Vitamin A: 58.84IU (1.18%), Folate: 4.66µg (1.17%), Calcium: 11.1mg (1.11%)