



Sushi House Salad Dressing, It's ORANGE!



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



1

CALORIES



384 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients



3 carrots peeled cut in chunks



2 inch ginger root fresh



0.3 cup orange juice



2 tablespoons vegetable oil; peanut oil preferred



1 tablespoon soya sauce



0.3 cup citrus champagne vinegar

Equipment

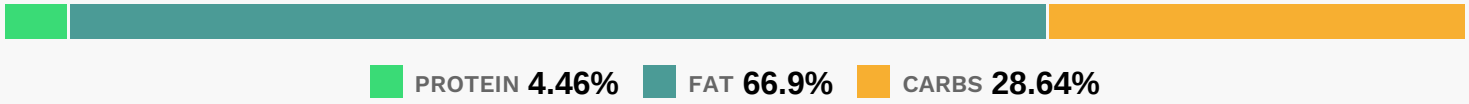


blender

Directions

- ☐
- Place carrots, ginger root, soy sauce, vinegar, and orange juice into a blender; blend until liquified.
- ☐
- Pour in peanut oil and pulse once or twice just to combine.

Nutrition Facts



Properties

Glycemic Index:128.83, Glycemic Load:9.56, Inflammation Score:-10, Nutrition Score:17.65304352667%

Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 7.41mg, Hesperetin: 7.41mg, Hesperetin: 7.41mg, Hesperetin: 7.41mg Naringenin: 1.33mg, Naringenin: 1.33mg, Naringenin: 1.33mg, Naringenin: 1.33mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg

Nutrients (% of daily need)

Calories: 383.8kcal (19.19%), Fat: 28.69g (44.13%), Saturated Fat: 4.84g (30.22%), Carbohydrates: 27.63g (9.21%), Net Carbohydrates: 21.96g (7.99%), Sugar: 14.43g (16.03%), Cholesterol: 0mg (0%), Sodium: 1138.97mg (49.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.31g (8.61%), Vitamin A: 30695.98IU (613.92%), Vitamin C: 42.8mg (51.87%), Vitamin E: 5.66mg (37.77%), Potassium: 829.16mg (23.69%), Vitamin K: 24.43µg (23.26%), Fiber: 5.67g (22.69%), Manganese: 0.42mg (20.99%), Vitamin B6: 0.34mg (16.79%), Folate: 58.15µg (14.54%), Vitamin B3: 2.86mg (14.32%), Vitamin B1: 0.19mg (12.71%), Magnesium: 44.39mg (11.1%), Phosphorus: 107.53mg (10.75%), Vitamin B2: 0.16mg (9.23%), Copper: 0.17mg (8.58%), Iron: 1.46mg (8.13%), Calcium: 76.64mg (7.66%), Vitamin B5: 0.71mg (7.13%), Zinc: 0.62mg (4.11%)