

Spicy Orange Dressing

*Sara Moulton - Associated Press
Scripps Treasure Coast Newspapers*

*1 cup fresh orange juice
2 tablespoons rice vinegar
(unseasoned)
2 tablespoons vegetable oil (preferably
grapeseed)
1/2 teaspoon freshly grated ginger
1/2 teaspoon sesame oil
1/2 teaspoon Asian chili paste with
garlic
Kosher salt*

In a very small saucepan, simmer the orange juice until it is reduced to 1/2 cup. Transfer to a bowl.

Whisk in the vinegar, vegetable oil, ginger, sesame oil and chili paste. Add salt to taste.

Chill until use.

Per Serving (excluding unknown items): 132 Calories; 3g Fat (18.4% calories from fat); 2g Protein; 26g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 2mg Sodium. Exchanges: 1 1/2 Fruit; 1/2 Fat.

Sauces and Condiments

Per Serving Nutritional Analysis

Calories (kcal):	132	Vitamin B6 (mg):	.1mg
% Calories from Fat:	18.4%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	76.5%	Thiamin B1 (mg):	.2mg
% Calories from Protein:	5.1%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	3g	Folacin (mcg):	136mcg
Saturated Fat (g):	trace	Niacin (mg):	1mg
Monounsaturated Fat (g):	1g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	1g	Alcohol (kcal):	0
Cholesterol (mg):	0mg	% Daily Value:	on on%
Carbohydrate (g):	26g	Food Exchanges	
Dietary Fiber (g):	trace	Grain (Starch):	0
Protein (g):	2g	Lean Meat:	0
Sodium (mg):	2mg	Vegetable:	0
Potassium (mg):	496mg	Fruit:	1 1/2

Calcium (mg): 27mg
Iron (mg): trace
Zinc (mg): trace
Vitamin C (mg): 124mg
Vitamin A (i.u.): 496IU
Vitamin A (r.e.): 49 1/2RE

Non-Fat Milk: 0
Fat: 1/2
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 132 Calories from Fat: 24

% Daily Values*

Total Fat 3g 4%
Saturated Fat trace 2%
Cholesterol 0mg 0%
Sodium 2mg 0%
Total Carbohydrates 26g 9%
Dietary Fiber trace 2%
Protein 2g

Vitamin A 10%
Vitamin C 207%
Calcium 3%
Iron 3%

* Percent Daily Values are based on a 2000 calorie diet.