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Light Spicy Asian Chili Vinaigrette

A flavorful and tangy vinaigrette with a hint of spiciness, inspired by Asian cuisine.

Perfect for salads, marinades, and dipping sauces.

Recipe Type: Standard

Prep Time: 10 mins

Cook Time: N/A

Total Time: 10 mins

Recipe Yield: 200 grams

Number of Servings: 10

Serving Size: 20 g

Ingredients

6 tbsp	soy sauce
4 tbsp	rice vinegar
2 tsp	sesame oil
2 tsp	Honey
2 cloves	garlic
1 tsp	Ginger

1 tsp red chili flakes

2 tbsp lime juice

Directions

Step 1

Mixing

In a small bowl, whisk together soy sauce, rice vinegar, sesame oil, honey, minced garlic, grated ginger, red chili flakes, and lime juice.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Taste and adjust the seasoning if necessary.

Prep Time: 0 mins

Cook Time: 0 mins

Step 3

Refrigerating

Refrigerate for at least 1 hour before serving to allow the flavors to meld together.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 30 kcal

Fat: 2 g

Protein: 1 g

Carbohydrates: 3 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	1 g	5.88%	5.88%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	3 g	5.45%	6%
Fibers	0 g	0%	0%
Sugars	2 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	1 g	N/A	N/A
Saturated Fat	0 g	0%	0%
Fat	2 g	7.14%	8%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	0 iu	0%	0%
Vitamin C	2 mg	2.22%	2.67%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	0 mg	0%	0%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	420 mg	18.26%	18.26%
Calcium	0 mg	0%	0%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Iron	2 mg	25%	11.11%
Potassium	40 mg	1.18%	1.54%
Zinc	0 mg	0%	0%
Selenium	0 mcg	0%	0%

Recipe Attributes

Cuisines

Chinese Thai

Course

Sauces & Dressings

Cultural

Chinese New Year

Demographics

Allergy Friendly Diabetic Friendly Heart Healthy

Diet

Mediterranean Diet DASH Diet (Dietary Approaches to Stop Hypertension)
 Body for Life Diet Low FODMAP Diet Vegetarian Diet Pescatarian Diet
 Ovo-Vegetarian Diet Lacto-Vegetarian Diet Lacto-Ovo Vegetarian Diet
 Fruitarian Diet Engine 2 Diet Blood Type Diet Anti-Inflammatory Diet

Meal Type

Lunch Dinner Snack Supper

Difficulty Level

Medium

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