

# Peanut-Lime Salad Dressing

50 Salad Dressings  
Food Network Magazine

1/4 cup creamy peanut butter  
3 tablespoons water  
juice of one lime  
1 tablespoon rice vinegar  
1 tablespoon chopped, peeled ginger  
2 teaspoons soy sauce  
2 teaspoons honey

Blend all of the ingredients in a blender.

Per Serving (excluding unknown items): 51 Calories; trace Fat (0.2% calories from fat); 1g Protein; 14g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 688mg Sodium. Exchanges: 0 Vegetable; 1 Other Carbohydrates.

Sauces and Condiments

## Per Serving Nutritional Analysis

Calories (kcal):	51	Vitamin B6 (mg):	trace
% Calories from Fat:	0.2%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	95.2%	Thiamin B1 (mg):	trace
% Calories from Protein:	4.7%	Riboflavin B2 (mg):	trace
Total Fat (g):	trace	Folacin (mcg):	2mcg
Saturated Fat (g):	trace	Niacin (mg):	trace
Monounsaturated Fat (g):	trace	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	0
Cholesterol (mg):	0mg	% Refuse:	0 0%
Carbohydrate (g):	14g	<b>Food Exchanges</b>	
Dietary Fiber (g):	trace	Grain (Starch):	0
Protein (g):	1g	Lean Meat:	0
Sodium (mg):	688mg	Vegetable:	0
Potassium (mg):	44mg	Fruit:	0
Calcium (mg):	5mg	Non-Fat Milk:	0
Iron (mg):	trace	Fat:	0
Zinc (mg):	trace	Other Carbohydrates:	1

Vitamin C (mg): trace  
Vitamin A (i.u.): 0IU  
Vitamin A (r.e.): 0RE

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## Nutrition Facts

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### Amount Per Serving

<b>Calories</b>	51	Calories from Fat: 0
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### % Daily Values\*

<b>Total Fat</b>	trace	0%
Saturated Fat	trace	0%
<b>Cholesterol</b>	0mg	0%
<b>Sodium</b>	688mg	29%
<b>Total Carbohydrates</b>	14g	5%
Dietary Fiber	trace	0%
<b>Protein</b>	1g	

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<b>Vitamin A</b>	0%
<b>Vitamin C</b>	0%
<b>Calcium</b>	0%
<b>Iron</b>	2%

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