

Asian Orange Dressing (Low FODMAP)



Savor the perfect balance between tangy citrus and Asian flavors in this delicious dressing. Easy to prepare and suitable for a low FODMAP diet, elevate your salads with this vibrant dressing!

Preparation 5 min

Cooking 0 min

Servings 4

Nutrition Facts (per serving)

Calories 75

Fat 5

Carbohydrates 6

Fibre 0

Protein 1

Sodium 60

Ingredients

- Juice of ½ orange, freshly squeezed
- 15 ml (1 tbsp) toasted sesame oil
- 15 ml (1 tbsp) sesame butter (tahini)
- 15 ml (1 tbsp) maple syrup
- 15 ml (1 tbsp) seasoned rice vinegar

Preparation

1. In a bowl, mix all ingredients together with a whisk or a fork. Enjoy with a salad or on a side of grilled or steamed vegetables.

Try our Low FODMAP [Dijon Mustard Dressing](#) or our [Creamy Herb Dressing](#), both delicious and suitable for a low FODMAP diet.

Notes

Can be stored up to 4 days in an airtight jar.



Carol-Ann Robert – Nutritionniste Diététiste à Halifax | Directrice marketing
Registered Dietitian Nutritionist in Halifax