GLOBAL · SAUCE

Sesame-Ginger Dressing with Lime

5 min · Makes 6 × 2 tbsp · 72 kcal a portion · Video 6:37 · Pick Up Limes

Vegan · Nut-free

A light, tangy dressing with about 70 kcal a portion; most of the fat is unsaturated, from sesame oil and seeds, and the agave adds about 4.5 g of sugar a portion.

Diet notes: Gluten-free with a swap: Use tamari instead of soy sauce to keep it gluten-free.

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Ingredients

7 · MAKES 6 × 2 TBSP

- [ ] **Lime juice:** juice of 1 lime
- [ ] 3 tbsp **rice vinegar**
- [ ] 3 tbsp **reduced-sodium soy sauce**
- [ ] 2 tbsp **toasted sesame oil**
- [ ] 2 tbsp (12 g) grated **fresh ginger**
- [ ] 2 tbsp **agave syrup** (or maple syrup)
- [ ] 1 tsp **toasted sesame seeds**

Contains: Gluten, Sesame, Soy. Check labels on stock, sauces and spice mixes.

Method

TIMES = THE MOMENT IN THE VIDEO

1. Juice the lime straight into a jar. 5:14
2. Add the rice vinegar, soy sauce, toasted sesame oil, grated ginger and agave syrup, then the sesame seeds. 5:19
3. Put the lid on and shake well until combined, then pour over the salad. 5:32
4. Keep any leftover dressing in a sealed jar in the fridge for up to 4 days and shake before using.

> **Tip** Good with cabbage salads and noodle bowls; maple syrup can replace the agave. Sodium shown (about 440 mg a portion) is for regular soy sauce; the reduced-sodium kind the cook uses roughly halves it (her page: 218 mg).

The method is a summary in our words — the video shows every step.

One portion (2 tbsp) gives you

1 OF 6 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
72 kcal	0.8 g	6.6 g	0.2 g	4.8 g	440 mg
300 kJ	2% of a day	6.4 g net · 4.8 g sugars	1% of a day	0.7 g saturated	19% of a day
		2% of a day		6% of a day	

Energy from net carbs 36% · protein 4% · fat 60%

Recipe and video: Pick Up Limes (@PickUpLimes) on YouTube — youtube.com/watch?v=6UjRjPvMJFM, published 4 May 2025. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/sesame-ginger-lime-dressing