



Carrot-Miso Dressing

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



82 kcal

SIDE DISH

Ingredients

- 1 medium carrots coarsely chopped
- 0.5 cup carrot juice fresh (see Note)
- 4 servings cayenne pepper
- 1.8 inch thick of ginger fresh peeled
- 2 tablespoons juice of lime fresh
- 1 teaspoon miso paste
- 0.5 cup vegetable oil; peanut oil preferred
- 1 tablespoon soya sauce

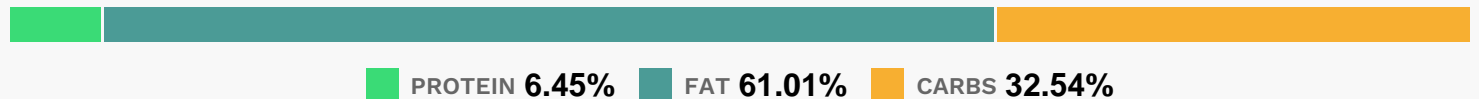
Equipment

- sauce pan
- blender

Directions

- In a small saucepan, boil the carrot juice until it is reduced to 3 tablespoons, about 10 minutes.
- Transfer to a blender and let cool slightly.
- Add the chopped carrot, ginger, lime juice, soy sauce and miso and blend until the carrot is minced. With the machine on, add the oil in a thin, steady stream. Season with cayenne and transfer to a glass jar. Applications: Use as a dipping sauce for vegetables or boiled shrimp.
- Serve with poached or grilled salmon or tuna. Toss with cold soba noodles, steamed broccoli or snow peas.
- Drizzle over grilled chicken breasts or pork tenderloin.
- Make Ahead: The dressing can be refrigerated for up to 5 days.
- Notes: Available in supermarkets and health food stores.

Nutrition Facts



Properties

Glycemic Index:53.21, Glycemic Load:2.04, Inflammation Score:-10, Nutrition Score:8.0904347904674%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 82.14kcal (4.11%), Fat: 5.95g (9.15%), Saturated Fat: 1.01g (6.33%), Carbohydrates: 7.14g (2.38%), Net Carbohydrates: 5.72g (2.08%), Sugar: 2.43g (2.7%), Cholesterol: 0mg (0%), Sodium: 338.46mg (14.72%), Alcohol:

Og (100%), Alcohol %: 0% (100%), Protein: 1.41g (2.83%), Vitamin A: 9026.5IU (180.53%), Vitamin E: 1.91mg (12.75%), Vitamin C: 7.34mg (8.89%), Vitamin K: 8.72µg (8.3%), Vitamin B6: 0.15mg (7.69%), Manganese: 0.14mg (7.19%), Potassium: 209.39mg (5.98%), Fiber: 1.42g (5.66%), Phosphorus: 33.91mg (3.39%), Vitamin B1: 0.05mg (3.37%), Magnesium: 13.44mg (3.36%), Vitamin B3: 0.66mg (3.31%), Vitamin B2: 0.06mg (3.29%), Iron: 0.51mg (2.83%), Copper: 0.05mg (2.46%), Folate: 8.38µg (2.09%), Calcium: 18.37mg (1.84%), Vitamin B5: 0.15mg (1.46%), Zinc: 0.21mg (1.43%)