



Carrot Miso Salad Dressing



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



40

CALORIES



21 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 3 cups carrot juice
- ☐ 1.5 teaspoons ginger (fresh shredded such as a microplane) finely
- ☐ 1.5 tablespoons miso (white/red)
- ☐ 3 tablespoons rice vinegar
- ☐ 0.3 cup safflower oil

Equipment

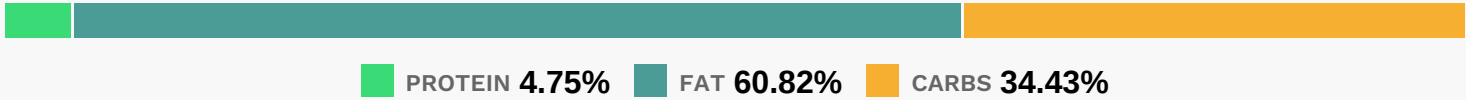
- ☐ bowl
- ☐ whisk

☐ pot

Directions

- ☐ Boil carrot juice in a large, wide pot over medium-high heat, stirring often, until reduced to 1/3 cup, 25 to 30 minutes.
- ☐ Pour into a small bowl and let cool.
- ☐ Whisk in ginger, miso, vinegar, and oil.
- ☐ Make ahead: Up to 2 weeks, chilled.

Nutrition Facts



Properties

Glycemic Index:4.22, Glycemic Load:0.73, Inflammation Score:-9, Nutrition Score:3.8721738727358%

Nutrients (% of daily need)

Calories: 20.66kcal (1.03%), Fat: 1.43g (2.2%), Saturated Fat: 0.11g (0.71%), Carbohydrates: 1.82g (0.61%), Net Carbohydrates: 1.64g (0.6%), Sugar: 0.73g (0.81%), Cholesterol: 0mg (0%), Sodium: 35.49mg (1.54%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 0.25g (0.5%), Vitamin A: 3385.5IU (67.71%), Vitamin E: 0.67mg (4.47%), Vitamin K: 3.03µg (2.88%), Vitamin B6: 0.04mg (1.99%), Vitamin C: 1.51mg (1.83%), Potassium: 53.36mg (1.52%), Manganese: 0.03mg (1.47%), Vitamin B1: 0.02mg (1.13%)