



Chopped Salad with Ginger-Miso Dressing



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



50 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.8 cup butternut squash shredded peeled
- ☐ 1.5 cups cherry tomatoes halved
- ☐ 1 cup cucumber diced peeled seeded
- ☐ 0.5 teaspoon dijon mustard
- ☐ 1 tablespoon ginger fresh minced peeled
- ☐ 0.3 cup green onions sliced
- ☐ 2 tablespoons seasoned rice vinegar
- ☐ 1 tablespoon sesame seed toasted

- ☐ 0.8 cup snow peas diagonally sliced
- ☐ 0.5 teaspoon sugar
- ☐ 1 tablespoon vegetable oil
- ☐ 2 tablespoons miso yellow (soybean paste)

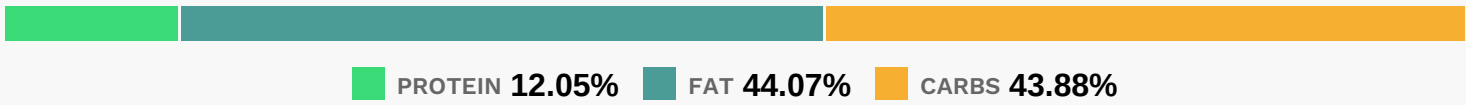
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ To prepare salad, combine first 5 ingredients in a large bowl.
- ☐ To prepare dressing, combine vinegar and remaining ingredients; stir well with a whisk.
- ☐ Pour over salad, tossing to coat.

Nutrition Facts



Properties

Glycemic Index:38.76, Glycemic Load:0.86, Inflammation Score:-8, Nutrition Score:5.9386956094076%

Flavonoids

Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

Nutrients (% of daily need)

Calories: 49.87kcal (2.49%), Fat: 2.57g (3.95%), Saturated Fat: 0.39g (2.43%), Carbohydrates: 5.75g (1.92%), Net Carbohydrates: 4.45g (1.62%), Sugar: 2.22g (2.46%), Cholesterol: 0mg (0%), Sodium: 167.23mg (7.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.58g (3.16%), Vitamin A: 1689.19IU (33.78%), Vitamin C: 16mg (19.39%), Vitamin K: 17.42µg (16.59%), Manganese: 0.16mg (8.18%), Copper: 0.11mg (5.7%), Fiber: 1.3g (5.2%), Potassium: 177.38mg (5.07%), Iron: 0.83mg (4.64%), Magnesium: 18.13mg (4.53%), Folate: 17.92µg (4.48%), Vitamin B6: 0.09mg (4.3%), Vitamin B1: 0.06mg (3.82%), Vitamin E: 0.55mg (3.7%), Phosphorus: 35.9mg (3.59%), Calcium: 31.4mg (3.14%), Vitamin B3: 0.48mg (2.41%), Vitamin B5: 0.22mg (2.18%), Vitamin B2: 0.04mg (2.15%), Zinc: 0.32mg (2.13%), Selenium: 1.09µg (1.55%)