



Ginger-Sesame Vinaigrette



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



48

CALORIES



10 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 teaspoons canola oil
- ☐ 2 teaspoons sesame oil dark
- ☐ 2 tablespoons ginger fresh minced peeled
- ☐ 0.3 cup green onions chopped
- ☐ 2 tablespoons soya sauce low-sodium
- ☐ 0.5 cup rice wine vinegar
- ☐ 2 tablespoons sugar
- ☐ 0.3 cup water

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0.3 cup miso yellow (soybean paste)

Equipment

☐

bowl

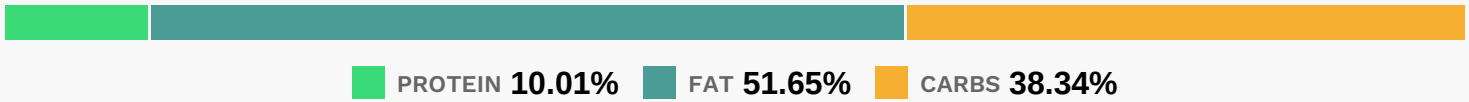
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whisk

Directions

- ☐ Combine first 3 ingredients in a medium bowl, stirring with a whisk until smooth. Stir in green onions and the remaining ingredients.
- ☐ Note: Refrigerate vinaigrette in an airtight container for up to five days; stir well before using.

Nutrition Facts



Properties

Glycemic Index:4.75, Glycemic Load:0.54, Inflammation Score:-1, Nutrition Score:0.3121739115728%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 10.44kcal (0.52%), Fat: 0.59g (0.91%), Saturated Fat: 0.06g (0.4%), Carbohydrates: 0.99g (0.33%), Net Carbohydrates: 0.89g (0.32%), Sugar: 0.61g (0.68%), Cholesterol: 0mg (0%), Sodium: 77.67mg (3.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.26g (0.52%), Vitamin K: 1.76µg (1.67%)