



Mellow Maple-Miso Salad Dressing



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



3

CALORIES



121 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 Teaspoon ground ginger powder
- ☐ 2 Tablespoons maple syrup
- ☐ 0.3 cup mellow miso white (such as a mild soy miso or a barley miso)
- ☐ 0.3 cup teaspoons rice vinegar
- ☐ 2 Teaspoons sesame oil
- ☐ 0.3 cup wheat-free tamari gluten-free for a soy-free option (for , see below)

Equipment

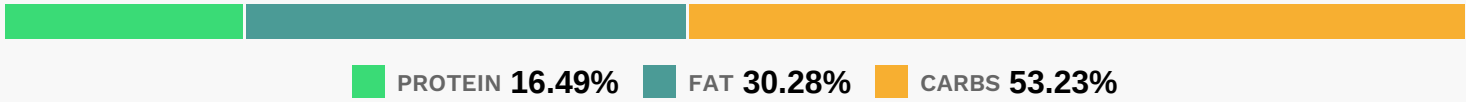
- ☐ bowl

- ☐ whisk
- ☐ blender

Directions

- ☐ Place all ingredients in a bowl, and whisk until smooth. Alternately, you can place the ingredients in a blender and quickly puree until smooth.

Nutrition Facts



Properties

Glycemic Index:54.17, Glycemic Load:6.22, Inflammation Score:-1, Nutrition Score:5.1969565813956%

Nutrients (% of daily need)

Calories: 121.49kcal (6.07%), Fat: 4.08g (6.27%), Saturated Fat: 0.62g (3.9%), Carbohydrates: 16.13g (5.38%), Net Carbohydrates: 14.69g (5.34%), Sugar: 9.76g (10.84%), Cholesterol: 0mg (0%), Sodium: 1936.47mg (84.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5g (9.99%), Manganese: 0.72mg (36.13%), Vitamin B2: 0.25mg (14.86%), Vitamin K: 7.08µg (6.74%), Phosphorus: 62.98mg (6.3%), Copper: 0.13mg (6.26%), Iron: 1.12mg (6.21%), Fiber: 1.44g (5.76%), Magnesium: 22.46mg (5.61%), Zinc: 0.78mg (5.18%), Vitamin B3: 1.01mg (5.07%), Vitamin B6: 0.09mg (4.32%), Potassium: 123.94mg (3.54%), Calcium: 33.12mg (3.31%), Selenium: 2.05µg (2.93%), Vitamin B1: 0.04mg (2.85%), Folate: 7.88µg (1.97%), Vitamin B5: 0.15mg (1.52%)