



Miso, Carrot, and Sesame Dressing



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



195 kcal

SIDE DISH

Ingredients

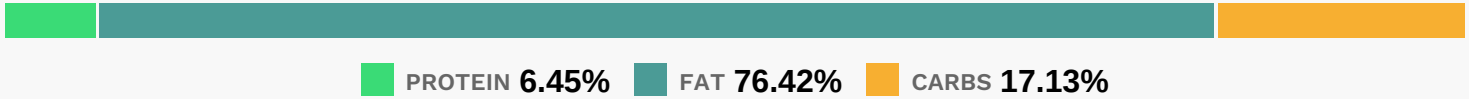
- ☐ 0.3 cup carrots packed finely grated peeled ()
- ☐ 2 teaspoons honey
- ☐ 2 teaspoons sesame oil toasted
- ☐ 4 teaspoons sesame seed toasted
- ☐ 2 tablespoons rice vinegar
- ☐ 6 tablespoons vegetable oil
- ☐ 0.5 cup miso white

Equipment

Directions

☐ Place 1/2 cup white miso, 6 tablespoonsvegetable oil, 1/4 cup(packed) finely gratedpeeled carrot, 2 tablespoonsfinely grated peeled ginger,2 tablespoons unseasonedrice vinegar, 4 teaspoons toastedsesame seeds, 2 teaspoontoasted sesame oil, 2 teaspoonsoney, and 1/4 cup water in a resealable container.Cover and shake vigorouslyuntil well combined. DO AHEAD: Can be made 2 daysahead. Cover and chill.

Nutrition Facts



Properties

Glycemic Index:40.85, Glycemic Load:4.02, Inflammation Score:-6, Nutrition Score:5.3534781997618%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 195.27kcal (9.76%), Fat: 16.99g (26.13%), Saturated Fat: 2.59g (16.2%), Carbohydrates: 8.57g (2.86%), Net Carbohydrates: 7.02g (2.55%), Sugar: 3.6g (3.99%), Cholesterol: 0mg (0%), Sodium: 858.82mg (37.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.23g (6.45%), Vitamin K: 32.61µg (31.06%), Vitamin A: 911.04IU (18.22%), Manganese: 0.24mg (12.1%), Vitamin E: 1.17mg (7.81%), Copper: 0.15mg (7.71%), Fiber: 1.55g (6.2%), Zinc: 0.71mg (4.72%), Phosphorus: 47mg (4.7%), Iron: 0.79mg (4.42%), Magnesium: 16.42mg (4.11%), Vitamin B2: 0.06mg (3.57%), Vitamin B6: 0.06mg (3.2%), Selenium: 2.11µg (3.02%), Calcium: 28.28mg (2.83%), Vitamin B1: 0.04mg (2.43%), Potassium: 72.75mg (2.08%), Folate: 6.71µg (1.68%), Vitamin B3: 0.32mg (1.62%)