



## Miso-Carrot Dressing

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



5

CALORIES



64 kcal

SIDE DISH

### Ingredients

- 0.7 cup carrot juice fresh
- 2 small carrots coarsely chopped
- 2 teaspoons basil fresh minced
- 2 teaspoons cilantro leaves fresh minced
- 1.8 inch ginger fresh
- 2 small garlic cloves peeled
- 1 tablespoon olive oil
- 1 tablespoon rice wine vinegar

- 0.3 teaspoon sugar
- 2 tablespoons miso yellow

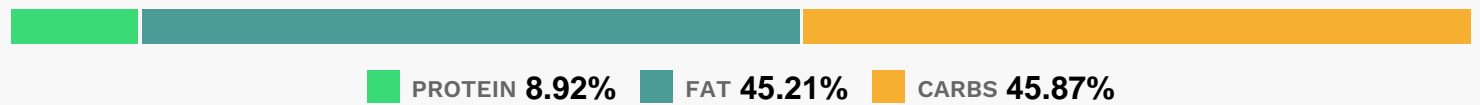
## Equipment

- blender

## Directions

- In a blender, combine the carrots, garlic, ginger, carrot juice, miso, vinegar, olive oil and sugar and blend until perfectly smooth.
- Transfer to a jar. Just before serving, stir in the basil and cilantro.
- Make Ahead: The dressing can be refrigerated for up to 4 days.
- Notes: ONE TABLESPOON: Calories 16 kcal, Protein .3 gm, Soy Protein .2 gm, Carbohydrate 2 gm, Cholesterol 0, Total Fat .8 gm, Saturated Fat .1 gm

## Nutrition Facts



## Properties

Glycemic Index:83.58, Glycemic Load:2.92, Inflammation Score:-10, Nutrition Score:7.6352174113626%

## Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

## Nutrients (% of daily need)

Calories: 64.12kcal (3.21%), Fat: 3.33g (5.12%), Saturated Fat: 0.48g (2.98%), Carbohydrates: 7.6g (2.53%), Net Carbohydrates: 6.34g (2.31%), Sugar: 2.85g (3.17%), Cholesterol: 0mg (0%), Sodium: 288.87mg (12.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.48g (2.96%), Vitamin A: 9369.72IU (187.39%), Vitamin K: 11.51µg (10.96%), Manganese: 0.16mg (7.8%), Vitamin B6: 0.13mg (6.42%), Vitamin E: 0.91mg (6.06%), Vitamin C: 4.37mg (5.3%), Potassium: 185.56mg (5.3%), Fiber: 1.25g (5.02%), Vitamin B1: 0.05mg (3.46%), Phosphorus: 33.87mg (3.39%), Copper: 0.06mg (3.08%), Magnesium: 11.49mg (2.87%), Vitamin B2: 0.05mg (2.77%), Iron: 0.43mg (2.38%), Calcium: 20.91mg (2.09%), Vitamin B3: 0.41mg (2.04%), Zinc: 0.3mg (2.01%), Folate: 6.71µg (1.68%), Vitamin B5: 0.16mg (1.62%), Selenium: 0.89µg (1.27%)