



Miso, Sesame, and Sweet Potato Dip

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



40 min.

SERVINGS



40

CALORIES



16 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 teaspoons ginger fresh chopped
- 2 tablespoons green onion tops thinly sliced
- 1.5 teaspoons sesame seed toasted
- 2 teaspoons soya sauce
- 1 pound deep orange-fleshed sweet potatoes peeled cut into 1- to 2-in. chunks (often labeled "yams")
- 1.5 tablespoons tahini (sesame paste)
- 2 tablespoons miso white (shiro)

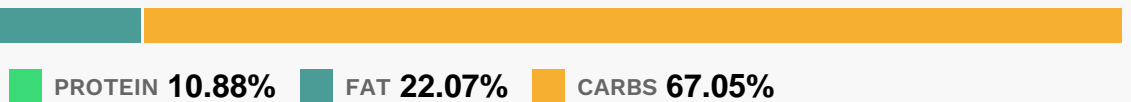
Equipment

- food processor
- bowl
- sauce pan
- steamer basket

Directions

- Steam sweet potatoes in a large saucepan with a steamer basket and 1 in. water until very tender, about 20 minutes. (If you don't have a steamer, just simmer chunks in the water, stirring occasionally.)
- Drain, reserving liquid, and let cool slightly.
- Whirl ginger in a food processor to mince.
- Add sweet potatoes, miso, tahini, soy sauce, and enough reserved sweet potato liquid for a creamy texture, about 3 tbsp.; whirl until smooth.
- Transfer dip to a bowl and stir in 1 1/2 tbsp. green onions.
- Sprinkle with remaining 1/2 tbsp. onions and the sesame seeds.
- Serve slightly warm or at room temperature with bok choy or cucumber slices.
- *Find in the refrigerated foods section.
- Make ahead: Up to 2 days, chilled.

Nutrition Facts



Properties

Glycemic Index:5.4, Glycemic Load:1.24, Inflammation Score:-7, Nutrition Score:2.2091303581939%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 15.55kcal (0.78%), Fat: 0.39g (0.61%), Saturated Fat: 0.06g (0.36%), Carbohydrates: 2.69g (0.9%), Net Carbohydrates: 2.26g (0.82%), Sugar: 0.54g (0.6%), Cholesterol: 0mg (0%), Sodium: 54.97mg (2.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.44g (0.87%), Vitamin A: 1612.89IU (32.26%), Manganese: 0.04mg (2.03%), Fiber: 0.43g (1.73%), Copper: 0.03mg (1.68%), Vitamin B6: 0.03mg (1.39%), Vitamin B1: 0.02mg (1.31%), Potassium: 44.81mg (1.28%), Phosphorus: 12.13mg (1.21%), Magnesium: 4.26mg (1.07%), Vitamin K: 1.07µg (1.02%)