



Miso Sesame Dressing



Vegetarian



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



4

CALORIES



70 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon ginger root fresh minced
- ☐ 1.3 tablespoons honey
- ☐ 1.5 teaspoons juice of lime
- ☐ 1.5 tablespoons miso paste
- ☐ 2 tablespoons rice vinegar
- ☐ 1 tablespoon sesame oil
- ☐ 1 teaspoon sesame seed toasted

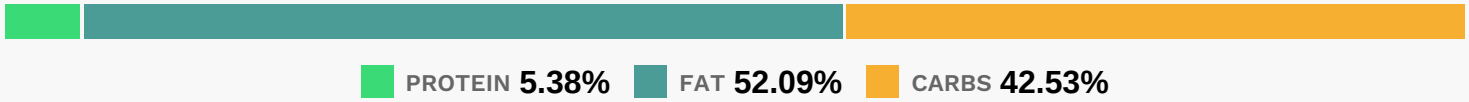
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Whisk miso paste into rice vinegar in a bowl until smooth. Stir honey, ginger, sesame oil, lime juice, and sesame seeds into the vinegar mixture.

Nutrition Facts



Properties

Glycemic Index:53.32, Glycemic Load:3.66, Inflammation Score:-1, Nutrition Score:1.1078260981518%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 69.69kcal (3.48%), Fat: 4.15g (6.38%), Saturated Fat: 0.6g (3.75%), Carbohydrates: 7.62g (2.54%), Net Carbohydrates: 7.16g (2.6%), Sugar: 5.85g (6.5%), Cholesterol: 0mg (0%), Sodium: 238.53mg (10.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.96g (1.93%), Manganese: 0.08mg (4.05%), Copper: 0.05mg (2.72%), Vitamin K: 2.36µg (2.24%), Fiber: 0.46g (1.84%), Iron: 0.27mg (1.52%), Zinc: 0.22mg (1.5%), Magnesium: 5.93mg (1.48%), Phosphorus: 14.72mg (1.47%), Vitamin B2: 0.02mg (1.14%), Vitamin B6: 0.02mg (1.09%), Selenium: 0.72µg (1.04%)