



Miso Sesame Salad Dressing



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



6

CALORIES



110 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 clove garlic chopped
- ☐ 1 tablespoon juice of lemon
- ☐ 0.3 cup tahini
- ☐ 0.7 cup warm water
- ☐ 0.3 cup miso white

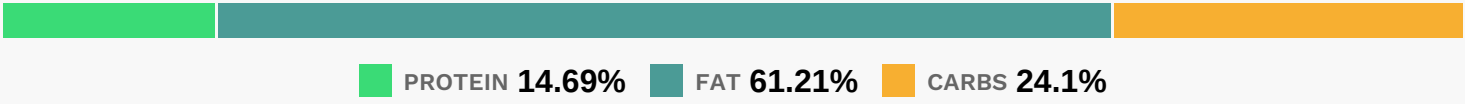
Equipment

- ☐ blender

Directions

☐ Place the water, white miso, tahini, garlic, and lemon juice into a blender. Cover, and puree until smooth.

Nutrition Facts



Properties

Glycemic Index:15.17, Glycemic Load:1.91, Inflammation Score:-2, Nutrition Score:4.7334782452039%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 110.48kcal (5.52%), Fat: 7.99g (12.3%), Saturated Fat: 1.15g (7.17%), Carbohydrates: 7.09g (2.36%), Net Carbohydrates: 5.62g (2.04%), Sugar: 1.02g (1.13%), Cholesterol: 0mg (0%), Sodium: 575.95mg (25.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.32g (8.63%), Vitamin B1: 0.23mg (15.24%), Copper: 0.28mg (14.25%), Phosphorus: 130.59mg (13.06%), Selenium: 5.73µg (8.19%), Manganese: 0.14mg (6.99%), Zinc: 1.02mg (6.78%), Fiber: 1.47g (5.88%), Iron: 0.98mg (5.45%), Magnesium: 20.54mg (5.13%), Vitamin B3: 0.9mg (4.48%), Vitamin K: 4.48µg (4.27%), Folate: 16.48µg (4.12%), Vitamin B2: 0.05mg (3.09%), Calcium: 29.35mg (2.94%), Vitamin B6: 0.06mg (2.89%), Potassium: 97.86mg (2.8%), Vitamin C: 1.68mg (2.04%)