



Miso-Tofu Ranch Dip

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



113 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 teaspoons pepper black freshly ground
- 2 tablespoons chives fresh chopped
- 1 tablespoon parsley fresh chopped
- 0.5 teaspoons garlic powder
- 1 tablespoon juice of lemon fresh
- 0.5 teaspoons onion powder
- 8 servings savory vegetable raw
- 0.5 cup cream sour

- 4 ounces spicy tofu soft drained (silken)
- 3 tablespoons miso white (fermented soybean paste)
- 2 teaspoons citrus champagne vinegar

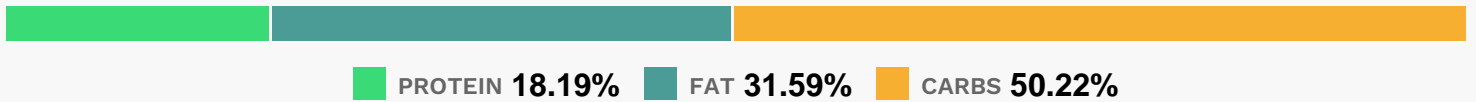
Equipment

- blender

Directions

- Purée 4 ounces drained soft (silken)tofu, 3 tablespoons white miso(fermented soybean paste),1 tablespoon fresh lemon juice, 2 teaspoons
- Sherry vinegar or white winevinegar, 1/2 teaspoons garlic powder,1/2 teaspoons onion powder, and 1/4 teaspoonsfreshly ground black pepper ina blender.
- Transfer to a mediumbowl; mix in 1/2 cup sour cream,2 tablespoons chopped fresh chives, and1 tablespoon chopped fresh flat-leafparsley. Top dip with more chivesand serve with raw vegetables fordipping.
- DO AHEAD: Dip can bemade 3 days ahead. Cover and chill.

Nutrition Facts



Properties

Glycemic Index:29.38, Glycemic Load:4.71, Inflammation Score:-10, Nutrition Score:10.313913117284%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 113.49kcal (5.67%), Fat: 4.29g (6.6%), Saturated Fat: 1.68g (10.51%), Carbohydrates: 15.33g (5.11%), Net Carbohydrates: 11.14g (4.05%), Sugar: 1.01g (1.12%), Cholesterol: 8.48mg (2.83%), Sodium: 286.22mg (12.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.56g (11.11%), Vitamin A: 4791.3IU (95.83%), Fiber: 4.19g (16.76%), Manganese: 0.29mg (14.71%), Vitamin C: 11.46mg (13.89%), Vitamin K: 11.99µg (11.42%), Vitamin B1: 0.12mg (8.2%), Phosphorus: 77mg (7.7%), Folate: 30.57µg (7.64%), Iron: 1.28mg (7.08%), Vitamin B2: 0.12mg (6.97%), Magnesium: 27.46mg (6.86%), Potassium: 235.98mg (6.74%), Vitamin B3: 1.23mg (6.13%), Calcium: 61.09mg (6.11%), Copper: 0.12mg (5.95%), Vitamin B6: 0.11mg (5.62%), Zinc: 0.64mg (4.28%), Vitamin B5: 0.23mg (2.28%), Selenium: 1.42µg (2.02%)