



Miso Vinaigrette



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



182 kcal

SIDE DISH

Ingredients

- ☐ 1 teaspoon cilantro leaves fresh minced
- ☐ 1 teaspoon ginger fresh grated
- ☐ 0.3 teaspoon lemon grass dried chopped
- ☐ 0.3 cup olive oil
- ☐ 0.3 cup olive oil
- ☐ 0.3 cup rice vinegar
- ☐ 6 servings salt and pepper to taste
- ☐ 1 teaspoon soya sauce

- ☐ 1 tablespoon sugar
- ☐ 2 tablespoons miso white

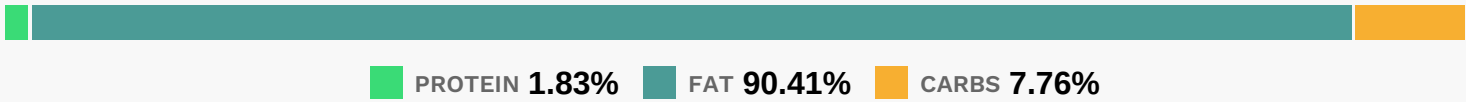
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Combine first 7 ingredients in a medium bowl, and stir well with a whisk.
- ☐ Whisk in olive oil and grapeseed oil. Stir in salt and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:49.52, Glycemic Load:2.1, Inflammation Score:-1, Nutrition Score:2.0760869651871%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 181.6kcal (9.08%), Fat: 18.43g (28.36%), Saturated Fat: 2.17g (13.58%), Carbohydrates: 3.56g (1.19%), Net Carbohydrates: 3.24g (1.18%), Sugar: 2.37g (2.64%), Cholesterol: 0mg (0%), Sodium: 461.48mg (20.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.84g (1.68%), Vitamin E: 3.91mg (26.09%), Vitamin K: 7.13µg (6.79%), Manganese: 0.06mg (3.16%), Copper: 0.03mg (1.35%), Fiber: 0.32g (1.28%), Iron: 0.23mg (1.26%), Phosphorus: 10.9mg (1.09%), Zinc: 0.15mg (1.02%)