



Sesame Miso Dressing



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



3

CALORIES



107 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup juice of lemon fresh
- ☐ 1 teaspoon miso
- ☐ 0.5 cup vegetable oil; peanut oil preferred
- ☐ 1 teaspoon rice vinegar
- ☐ 2 teaspoons sesame oil
- ☐ 2 teaspoons sesame seed
- ☐ 1 tablespoon soya sauce

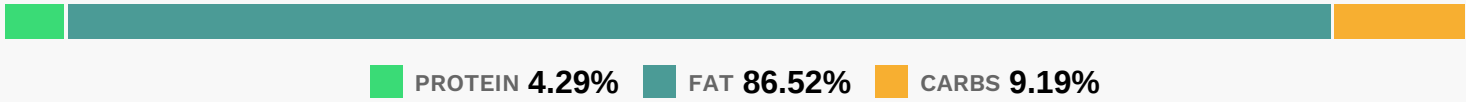
Equipment

blender

Directions

Process all ingredients in a blender until smooth, stopping to scrape down sides.

Nutrition Facts



Properties

Glycemic Index:53.67, Glycemic Load:0.34, Inflammation Score:-1, Nutrition Score:2.0926086809486%

Flavonoids

Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg Hesperetin: 2.94mg, Hesperetin: 2.94mg, Hesperetin: 2.94mg, Hesperetin: 2.94mg Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 107.19kcal (5.36%), Fat: 10.7g (16.47%), Saturated Fat: 1.72g (10.73%), Carbohydrates: 2.56g (0.85%), Net Carbohydrates: 2.18g (0.79%), Sugar: 0.74g (0.83%), Cholesterol: 0mg (0%), Sodium: 410.14mg (17.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.19g (2.39%), Vitamin C: 7.87mg (9.54%), Vitamin E: 1.2mg (8.01%), Manganese: 0.08mg (4.16%), Copper: 0.07mg (3.71%), Magnesium: 9.28mg (2.32%), Iron: 0.41mg (2.25%), Phosphorus: 21.06mg (2.11%), Vitamin B6: 0.04mg (1.79%), Folate: 6.82µg (1.71%), Calcium: 16.66mg (1.67%), Vitamin B3: 0.33mg (1.67%), Fiber: 0.37g (1.5%), Vitamin B1: 0.02mg (1.4%), Zinc: 0.19mg (1.28%), Potassium: 44.14mg (1.26%), Vitamin B2: 0.02mg (1.18%)