



## Sesame-Miso Vinaigrette



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



6

CALORIES



106 kcal

SIDE DISH

## Ingredients

- ☐ 1 pepper flakes red with seeds, finely chopped
- ☐ 0.5 teaspoon ginger grated peeled
- ☐ 2 tablespoons juice of lime fresh
- ☐ 1 tablespoon soy sauce reduced-sodium
- ☐ 1 teaspoon sesame oil toasted
- ☐ 1 teaspoon sesame seed toasted
- ☐ 1 tablespoon rice vinegar
- ☐ 0.3 cup vegetable oil

☐ 2 tablespoons miso white

Equipment

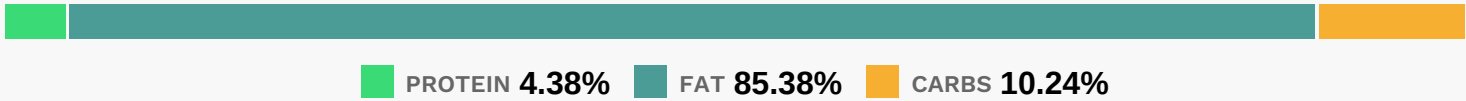
☐ bowl

☐ whisk

Directions

- ☐ Whisk all ingredients in a small bowl.
- ☐ DO AHEAD: Vinaigrette can bemade 1 week ahead. Cover and chill.
- ☐ Per serving: 110 calories, 10 g fat, 0 g fiber
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:34.33, Glycemic Load:0.96, Inflammation Score:-2, Nutrition Score:2.9617391805286%

Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 105.7kcal (5.29%), Fat: 10.3g (15.85%), Saturated Fat: 1.57g (9.79%), Carbohydrates: 2.78g (0.93%), Net Carbohydrates: 2.28g (0.83%), Sugar: 0.85g (0.95%), Cholesterol: 0mg (0%), Sodium: 308.25mg (13.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.19g (2.38%), Vitamin K: 19.54µg (18.61%), Vitamin C: 12.29mg (14.89%), Vitamin E: 0.83mg (5.52%), Manganese: 0.09mg (4.25%), Vitamin B6: 0.06mg (2.91%), Copper: 0.05mg (2.51%), Fiber: 0.5g (2%), Magnesium: 7.95mg (1.99%), Phosphorus: 19.62mg (1.96%), Iron: 0.31mg (1.73%), Vitamin B2: 0.03mg (1.63%), Vitamin A: 78.86IU (1.58%), Potassium: 53.59mg (1.53%), Zinc: 0.22mg (1.44%), Folate: 4.82µg (1.2%), Vitamin B1: 0.02mg (1.06%)