



WHATSheATE



## Shiitake and Edamame Salad with White Miso Vinaigrette



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



182 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients



2 cups baby beet greens



1 head boston lettuce



1 cup edamame shelled cooked



3 green onions chopped (green part only)



2 tablespoons honey



0.3 cup orange juice



2 tablespoons rice wine vinegar

- ☐ 0.3 teaspoon salt
- ☐ 3 tablespoons sesame oil toasted
- ☐ 1 tablespoon sesame seed
- ☐ 1 medium shallots
- ☐ 10 medium mushroom caps thick sliced
- ☐ 2 tablespoons soya sauce
- ☐ 4 tablespoons vegetable oil
- ☐ 2 tablespoons miso white

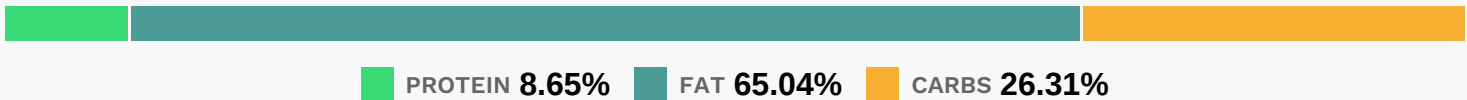
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ blender

## Directions

- ☐ Whirl orange juice, soy sauce, vinegar, honey, miso, and shallot in a blender. With blender running, pour in 3 tbsp. vegetable oil and the sesame oil and whirl 10 seconds. Set vinaigrette aside.
- ☐ Heat remaining vegetable oil in a large frying pan over high heat.
- ☐ Add shiitakes and salt and cook, stirring, until mushrooms are browned, about 3 minutes.
- ☐ Let cool.
- ☐ In a large bowl, gently toss lettuce and beet greens with 2 tbsp. vinaigrette. Top with shiitakes, edamame, green onions, and sesame seeds.
- ☐ Serve remaining vinaigrette on the side.

## Nutrition Facts



## Properties

Glycemic Index:44.91, Glycemic Load:3.83, Inflammation Score:-7, Nutrition Score:9.7217391896183%

## Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 1.23mg, Hesperetin: 1.23mg, Hesperetin: 1.23mg, Hesperetin: 1.23mg Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg

## Nutrients (% of daily need)

Calories: 181.58kcal (9.08%), Fat: 13.6g (20.92%), Saturated Fat: 1.91g (11.93%), Carbohydrates: 12.38g (4.13%), Net Carbohydrates: 9.98g (3.63%), Sugar: 7.03g (7.81%), Cholesterol: 0mg (0%), Sodium: 508.23mg (22.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.07g (8.14%), Vitamin K: 82.66µg (78.72%), Vitamin A: 1345.23IU (26.9%), Vitamin C: 9.89mg (11.99%), Manganese: 0.22mg (11.09%), Fiber: 2.39g (9.58%), Potassium: 327.08mg (9.35%), Iron: 1.58mg (8.76%), Folate: 28.31µg (7.08%), Copper: 0.12mg (6.21%), Vitamin B6: 0.12mg (6.12%), Vitamin B2: 0.1mg (5.88%), Magnesium: 22.99mg (5.75%), Vitamin B3: 1.13mg (5.64%), Vitamin E: 0.84mg (5.61%), Phosphorus: 54.78mg (5.48%), Calcium: 53.05mg (5.31%), Vitamin B5: 0.38mg (3.84%), Vitamin B1: 0.05mg (3.47%), Zinc: 0.51mg (3.4%), Selenium: 2.02µg (2.89%)