

Tofu-Carrot Ginger Dressing with Miso



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



32

CALORIES



10 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup carrots grated
- ☐ 2 teaspoons ginger fresh peeled chopped
- ☐ 1 garlic clove crushed
- ☐ 1 teaspoon honey
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 1 tablespoon rice vinegar
- ☐ 0.3 teaspoon sea salt
- ☐ 0.5 cup silken tofu

- ☐ 1 tablespoon vegetable oil
- ☐ 2 tablespoons miso yellow (soybean paste)

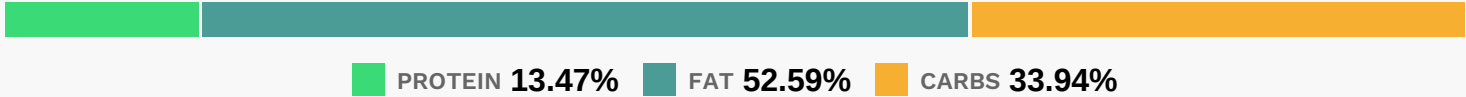
Equipment

- ☐ food processor
- ☐ blender

Directions

- ☐ Place all ingredients in a blender or food processor; process until smooth.

Nutrition Facts



Properties

Glycemic Index:7.97, Glycemic Load:0.3, Inflammation Score:-2, Nutrition Score:0.65782608132323%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 9.91kcal (0.5%), Fat: 0.6g (0.92%), Saturated Fat: 0.09g (0.56%), Carbohydrates: 0.87g (0.29%), Net Carbohydrates: 0.74g (0.27%), Sugar: 0.42g (0.46%), Cholesterol: 0mg (0%), Sodium: 59.42mg (2.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.34g (0.69%), Vitamin A: 335.11IU (6.7%), Vitamin K: 1.36µg (1.29%)