

Zucchini Miso



Vegetarian



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



6

CALORIES



95 kcal

SIDE DISH

Ingredients

- ☐ 2 teaspoons brown sugar
- ☐ 0.3 cup chicken broth
- ☐ 0.3 cup cilantro leaves chopped
- ☐ 0.5 cup green onions chopped
- ☐ 1 tablespoon juice of lime
- ☐ 3 tablespoons miso paste
- ☐ 2 sheets nori seaweed cut into thin slices
- ☐ 1 tablespoon rice vinegar

- ☐ 1.5 tablespoons sesame seed
- ☐ 2 tablespoons slivered almonds
- ☐ 2 tablespoons soya sauce
- ☐ 0.5 teaspoon thai chile sauce
- ☐ 6 medium zucchini julienned

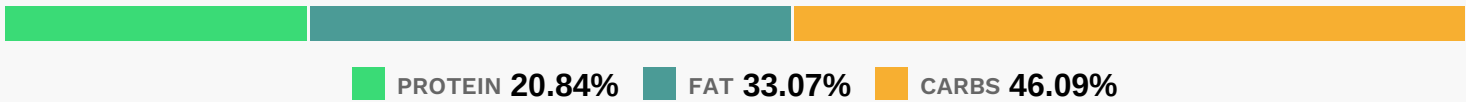
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Place sesame seeds in a skillet over medium heat. Cook 5 minutes, stirring frequently, until lightly toasted.
- ☐ In a large bowl, mix the chicken broth, miso paste, soy sauce, rice vinegar, lime juice, chile sauce, brown sugar, green onions, and cilantro. Toss zucchini in the dressing to coat just before serving, and top with toasted sesame seeds, nori, and almonds.

Nutrition Facts



Properties

Glycemic Index:41.67, Glycemic Load:1.94, Inflammation Score:-7, Nutrition Score:12.951304245254%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 2.62mg, Quercetin: 2.62mg, Quercetin: 2.62mg, Quercetin: 2.62mg

Nutrients (% of daily need)

Calories: 94.56kcal (4.73%), Fat: 3.85g (5.92%), Saturated Fat: 0.52g (3.27%), Carbohydrates: 12.06g (4.02%), Net Carbohydrates: 8.69g (3.16%), Sugar: 7.28g (8.09%), Cholesterol: 0.2mg (0.07%), Sodium: 707.03mg (30.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.45g (10.9%), Vitamin C: 38.91mg (47.17%), Manganese: 0.61mg (30.41%), Vitamin K: 30.34µg (28.9%), Vitamin B6: 0.38mg (18.94%), Potassium: 613.39mg (17.53%), Vitamin B2: 0.27mg (16.13%), Folate: 60.51µg (15.13%), Magnesium: 60.18mg (15.05%), Copper: 0.28mg (13.9%), Fiber: 3.37g (13.5%), Phosphorus: 129.4mg (12.94%), Vitamin A: 579.05IU (11.58%), Iron: 1.67mg (9.27%), Vitamin B1: 0.13mg (8.78%), Zinc: 1.19mg (7.9%), Vitamin E: 1.18mg (7.85%), Vitamin B3: 1.5mg (7.52%), Calcium: 75.01mg (7.5%), Vitamin B5: 0.49mg (4.88%), Selenium: 1.99µg (2.85%)