Orange Miso Dressing

Source: Vegan Kicktart

This sweet and tangy dressing goes great with any bean and grain salad bowl.

About the Recipe

93 Calories · 1.7 g Protein · 0.8 g Fiber
Sauce/Dressing/Topping

Ingredients

Makes 2 Servings

- 1/4 c (60 mL) fresh orange juice or juice of 2 oranges
- 1/4 c (60 mL) seasoned rice vinegar
- 2 tsp (10 mL) white or yellow miso
- 1 tbsp (15 mL) maple syrup or agave nectar
- 1 clove garlic, grated or minced
- 1 tsp (5 mL) ginger, grated or minced
- 2 tsp (10 mL) black sesame seeds

Directions

1. Mix all of the ingredients together in a small bowl.

Nutrition Facts

Per serving:

Calories: 93

Fat: 2.3 g

- Saturated Fat: 0.3 g
- Calories From Fat: 21.4%

Cholesterol: 0 mg

Protein: 1.7 g

Carbohydrate: 16.7 g

Sugar: 12.8 g

Fiber: 0.8 g

Sodium: 574 mg

Calcium: 24 mg

Iron: 0.6 mg

Vitamin C: 0.1 mg

Beta-Carotene: 15.9 mcg

Vitamin E: 0.6 mg