Orange Miso Dressing

About the Recipe

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

Ingredients

Makes 2 Servings

• fresh orange juice (1/4 cup, or juice of 2 oranges)
• seasoned rice vinegar (1/4 cup)
• white or yellow miso (2 tsp.)
• maple syrup or agave nectar (1 tbsp.)
• garlic, grated or minced (1 clove)
• ginger, grated or minced (1 tsp.)
• black sesame seeds (2 tsp.)

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