

Carrot Miso Ginger Dressing

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Servings: 18

Yield: 2 1/4 cups

*4 to 5 large carrots, peeled, trimmed
and chopped into two-inch pieces*

4 teaspoons fresh gingerroot, chopped

1 clove garlic

1/2 cup vegetable oil

1/2 cup rice vinegar

3 tablespoons white miso paste

3 tablespoons water

4 teaspoons toasted sesame oil

In a blender or food processor, place the carrots, ginger and garlic. Pulse several times.

Add the vegetable oil, vinegar, miso paste, water and sesame oil. Blend until smooth

Per Serving (excluding unknown items): 62 Calories; 6g Fat (85.9% calories from fat); trace Protein; 2g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 6mg Sodium. Exchanges: 1/2 Vegetable; 1 Fat; 0 Other Carbohydrates.

Sauces and Condiments

Per Serving Nutritional Analysis

Calories (kcal):	62
% Calories from Fat:	85.9%
% Calories from Carbohydrates:	13.0%
% Calories from Protein:	1.1%
Total Fat (g):	6g
Saturated Fat (g):	1g
Monounsaturated Fat (g):	4g
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	0mg
Carbohydrate (g):	2g
Dietary Fiber (g):	trace
Protein (g):	trace
Sodium (mg):	6mg

Vitamin B6 (mg):	trace
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	trace
Folacin (mcg):	2mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refused:	n n%

Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	1/2

Potassium (mg): 59mg
Calcium (mg): 5mg
Iron (mg): trace
Zinc (mg): trace
Vitamin C (mg): 2mg
Vitamin A (i.u.): 4501IU
Vitamin A (r.e.): 450RE

Fruit: 0
Non-Fat Milk: 0
Fat: 1
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 18

Amount Per Serving

Calories 62 Calories from Fat: 53

% Daily Values*

Total Fat	6g	9%
Saturated Fat	1g	4%
Cholesterol	0mg	0%
Sodium	6mg	0%
Total Carbohydrates	2g	1%
Dietary Fiber	trace	2%
Protein	trace	

Vitamin A	90%
Vitamin C	3%
Calcium	1%
Iron	1%

* Percent Daily Values are based on a 2000 calorie diet.