

# Mizuna Salad Miso dressing

Yield: 2 min  
Total Time: 15 min

Recipe from: <https://www.recipeschoose.com/recipes/japanese-mizuna-recipe>

## Ingredients:

- 2 cups mizuna
- 7/8 cup radish
- 2/3 cup tinned tuna
- 1 tablespoon white sesame seeds
- 1 tablespoon miso paste
- 1 tablespoon sugar
- 1 tablespoon lemon juice
- 1 tablespoon water

## Nutrition:

1. Calories: 180 calories
2. Carbohydrate: 14 grams
3. Cholesterol: 10 milligrams
4. Fat: 7 grams
5. Fiber: 3 grams
6. Protein: 17 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 530 milligrams
9. Sugar: 9 grams

---

Thank you for visiting our website. Hope you enjoy Mizuna Salad Miso dressing above. You can see more 16 japanese mizuna recipe They're simply irresistible! to get more great cooking ideas.