



Arame Edamame Cucumber Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



98 kcal

SIDE DISH

Ingredients

- 1 cucumber
- 1 cup edamame
- 1 cup edamame
- 2 tablespoons olive oil extra virgin (evo)
- 1 tablespoon rice vinegar
- 1 tablespoon sesame oil
- 1 tablespoon soya sauce
- 0.5 cup frangelico

0.5 cup frangelico

Equipment

bowl

Directions

Add 2 cups of water to arame, leave it soaking for 5 min and after that time drain. Boil edamame in salted water for roughly 5 min. Slice cucumber finely, the best way is to use mandolin. In a small jar combine all the dressing ingredients, cover and shake. In a bowl combine all the ingredients, pour dressing and mix well.

Nutrition Facts



PROTEIN 16.07% **FAT 59.83%** **CARBS 24.1%**

Properties

Glycemic Index: 10, Glycemic Load: 0.1, Inflammation Score: -1, Nutrition Score: 2.0060869565217%

Taste

Sweetness: 23.76%, Saltiness: 1.93%, Sourness: 0%, Bitterness: 0%, Savoriness: 0%, Fattiness: 100%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 97.62kcal (4.88%), Fat: 6.55g (10.07%), Saturated Fat: 0.74g (4.6%), Carbohydrates: 5.93g (1.98%), Net Carbohydrates: 4.16g (1.51%), Sugar: 1.56g (1.73%), Cholesterol: 0mg (0%), Sodium: 126.55mg (5.5%), Protein: 3.96g (7.92%), Fiber: 1.78g (7.12%), Iron: 1.16mg (6.42%), Potassium: 222.84mg (6.37%), Vitamin K: 5.05µg (4.8%), Calcium: 36.35mg (3.64%), Vitamin E: 0.54mg (3.6%), Manganese: 0.04mg (1.99%), Copper: 0.03mg (1.49%), Vitamin C: 1.2mg (1.45%), Folate: 5.66µg (1.41%), Magnesium: 5.42mg (1.36%), Vitamin B6: 0.02mg (1.18%), Phosphorus: 10.88mg (1.09%)