



Cucumber and Marinated Seaweed Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



75 min.

SERVINGS



6

CALORIES



134 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 6 cups dashi kombu shredded kelp
- ☐ 2 cucumbers english seeds removed and cut into chunks peeled
- ☐ 0.4 cup miso soybean paste
- ☐ 0.4 cup rice wine vinegar
- ☐ 0.5 teaspoon salt
- ☐ 1 cup sesame oil
- ☐ 2 tablespoons sesame seed

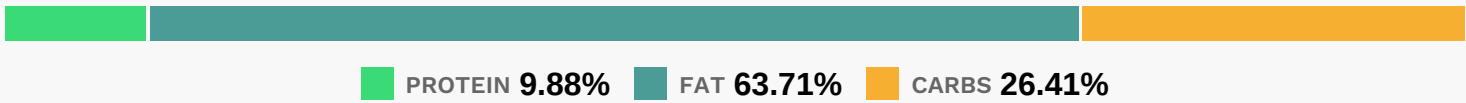
Equipment

- ☐ bowl
- ☐ blender

Directions

- ☐ Through the feed opening of a running blender, add, 1 at a time, vinegar, salt and miso, then leaving the blender running, add the oil in a slow thin stream. Toss the dashi kombu enough dressing to coat and let sit for 1 hour.
- ☐ Toss cucumber with just before serving, transfer to serving bowls and sprinkle with sesame seeds.

Nutrition Facts



Properties

Glycemic Index:24.33, Glycemic Load:2.21, Inflammation Score:-3, Nutrition Score:5.9326086867115%

Flavonoids

Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 133.57kcal (6.68%), Fat: 9.76g (15.02%), Saturated Fat: 1.44g (9.01%), Carbohydrates: 9.11g (3.04%), Net Carbohydrates: 7.3g (2.65%), Sugar: 2.78g (3.09%), Cholesterol: 0mg (0%), Sodium: 849.15mg (36.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.41g (6.81%), Vitamin K: 25.72µg (24.5%), Manganese: 0.31mg (15.58%), Copper: 0.23mg (11.48%), Magnesium: 36.82mg (9.21%), Fiber: 1.81g (7.23%), Phosphorus: 70.84mg (7.08%), Iron: 1.24mg (6.92%), Calcium: 61.27mg (6.13%), Zinc: 0.91mg (6.07%), Potassium: 200.38mg (5.73%), Folate: 21.85µg (5.46%), Vitamin B2: 0.09mg (5.13%), Vitamin B6: 0.1mg (4.77%), Vitamin B1: 0.07mg (4.5%), Selenium: 2.54µg (3.62%), Vitamin C: 2.95mg (3.58%), Vitamin B5: 0.35mg (3.5%), Vitamin A: 125.99IU (2.52%), Vitamin B3: 0.4mg (1.99%), Vitamin E: 0.18mg (1.22%)