



Cucumber Asian Greens



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



234 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup sesame-ginger dressing
- ☐ 4 large cucumbers
- ☐ 20 enoki mushrooms
- ☐ 4 cups salad greens mixed
- ☐ 0.3 cup sesame seed

Equipment

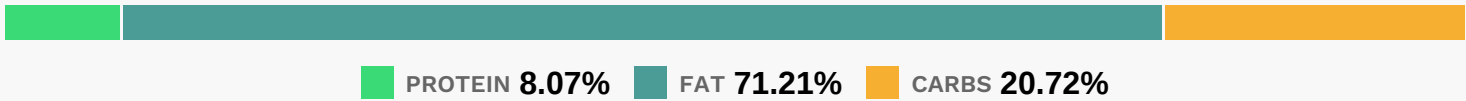
- ☐ frying pan
- ☐ knife

☐ melon baller

Directions

- ☐ Place a small skillet over medium-high heat until hot; add sesame seeds, and cook, stirring constantly, 3 minutes or until toasted. Set aside.
- ☐ Cut ends from cucumbers. Peel cucumbers with a stripper, leaving alternating strips of green and white.
- ☐ Cut each cucumber into 1 1/2-inch, 2-inch, and 3-inch pieces.
- ☐ Cut 1 end of each piece diagonally. Hollow out cucumbers with a sharp knife or melon baller, leaving 1/4-inch-thick shells.
- ☐ Toss mixed salad greens with Asian dressing. Arrange various-size cucumber pieces vertically among salad greens on 4 individual plates. Fill cucumber shells with greens.
- ☐ Sprinkle with sesame seeds, and insert enoki mushrooms.
- ☐ Note: For Asian dressing we used S&W Vintage Lites Oriental Rice Wine Vinegar Dressing.

Nutrition Facts



Properties

Glycemic Index:12.5, Glycemic Load:1, Inflammation Score:-7, Nutrition Score:13.294782629399%

Nutrients (% of daily need)

Calories: 234.01kcal (11.7%), Fat: 19.27g (29.65%), Saturated Fat: 2.63g (16.44%), Carbohydrates: 12.61g (4.2%), Net Carbohydrates: 9.1g (3.31%), Sugar: 6.5g (7.23%), Cholesterol: 0mg (0%), Sodium: 329.68mg (14.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.92g (9.83%), Vitamin K: 37.66µg (35.87%), Copper: 0.61mg (30.34%), Manganese: 0.5mg (24.88%), Vitamin C: 18.24mg (22.11%), Magnesium: 71.71mg (17.93%), Folate: 65.49µg (16.37%), Potassium: 560.49mg (16.01%), Phosphorus: 150.18mg (15.02%), Calcium: 141.74mg (14.17%), Fiber: 3.51g (14.06%), Iron: 2.48mg (13.76%), Vitamin A: 668.09IU (13.36%), Vitamin B6: 0.25mg (12.69%), Vitamin B1: 0.18mg (12.28%), Vitamin E: 1.67mg (11.14%), Zinc: 1.35mg (9%), Vitamin B5: 0.79mg (7.92%), Vitamin B2: 0.12mg (7.24%), Selenium: 4.28µg (6.11%), Vitamin B3: 1.1mg (5.49%)