



Eat for Eight Bucks: Sweet Edamame with Hijiki



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



3

CALORIES



241 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons brown sugar
- ☐ 2 tablespoons canola oil
- ☐ 1 carrots peeled cut into small dice
- ☐ 10 ounce edamame frozen
- ☐ 1 tablespoon ginger fresh very finely chopped
- ☐ 3 servings salt
- ☐ 2 spring onion white green sliced thin

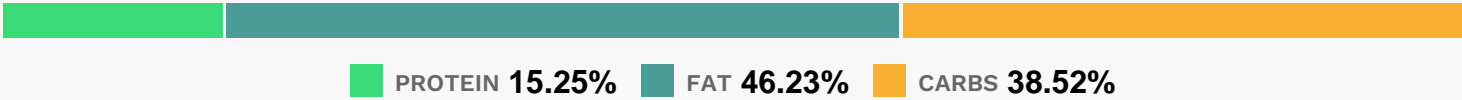
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ colander

Directions

- ☐ Put the hijiki in a 1 quart bowl half full of warm water and soak for 30 minutes. (It will plump up a bit during soaking.) At the end of the half hour, lift the seaweed from the water, leaving behind any grit, and set in a colander to drain while you proceed.
- ☐ Cook the edamame according to package instructions and then drain.
- ☐ Heat the oil in a medium saucepan over medium high heat. When it is hot, turn the flame to medium, add the carrots, scallion, and ginger, and stir for a minute. Then add the edamame, hijiki, sugar, 1 cup water, and 1/2 teaspoon salt. Bring to a simmer and then simmer, partially covered, over low heat for about 30 minutes, until almost all of the liquid has cooked off and the beans are very tender. Taste for seasoning and serve with white rice.

Nutrition Facts



Properties

Glycemic Index:31.28, Glycemic Load:0.82, Inflammation Score:-9, Nutrition Score:8.0447825763537%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg

Nutrients (% of daily need)

Calories: 240.6kcal (12.03%), Fat: 12.57g (19.34%), Saturated Fat: 0.7g (4.38%), Carbohydrates: 23.56g (7.85%), Net Carbohydrates: 18.91g (6.88%), Sugar: 11.5g (12.78%), Cholesterol: 0mg (0%), Sodium: 211.64mg (9.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.33g (18.65%), Vitamin A: 3476.65IU (69.53%), Vitamin K: 25.9µg (24.67%), Fiber: 4.65g (18.6%), Iron: 2.8mg (15.57%), Potassium: 534.03mg (15.26%), Vitamin E: 1.82mg (12.12%), Calcium: 97.5mg (9.75%), Vitamin C: 2.82mg (3.42%), Manganese: 0.05mg (2.64%), Folate: 9.32µg (2.33%), Vitamin B6: 0.04mg (2%), Magnesium: 5.77mg (1.44%), Vitamin B3: 0.27mg (1.34%), Copper: 0.03mg (1.25%), Vitamin B1:

0.02mg (1.23%), Vitamin B2: 0.02mg (1.12%), Phosphorus: 11.19mg (1.12%)