



## Japanese Noodle and Cucumber Salad

 Vegetarian  Vegan  Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



182 kcal

SIDE DISH

### Ingredients

- 6 ounces vermicelli dry
- 6 tablespoons rice vinegar
- 4 teaspoons sugar
- 2 teaspoons soya sauce
- 1 teaspoon salt
- 1 medium cucumber chilled
- 1 tablespoon spring onion thinly sliced
- 1.5 teaspoons sesame seed

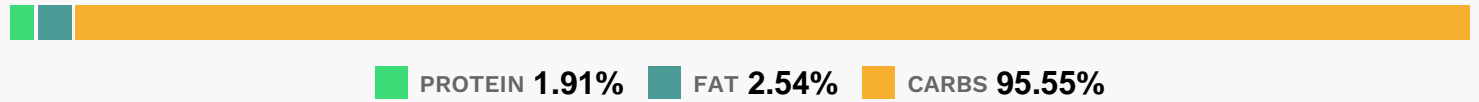
## Equipment

- bowl
- plastic wrap

## Directions

- Cook the noodles in boiling water until barely tender.
- Rinse immediately with cold water until cool, drain thoroughly and put in a medium bowl.
- Mix vinegar, sugar, soy sauce, and salt and pour over the noodles.
- Stir well.
- Cover bowl with plastic wrap and chill noodles in refrigerator until cold.
- Peel and seed the cucumber.
- Cut into quarters lengthwise, then into thin sticks.
- Divide the noodles on four salad plates, sprinkle evenly with cucumber pieces, green onion and sesame seeds.

## Nutrition Facts



## Properties

Glycemic Index:54.27, Glycemic Load:2.98, Inflammation Score:-1, Nutrition Score:2.9173912768779%

## Flavonoids

Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

## Nutrients (% of daily need)

Calories: 181.59kcal (9.08%), Fat: 0.5g (0.76%), Saturated Fat: 0.07g (0.42%), Carbohydrates: 42.14g (14.05%), Net Carbohydrates: 41.43g (15.06%), Sugar: 4.78g (5.31%), Cholesterol: 0mg (0%), Sodium: 755.05mg (32.83%), Alcohol: 0g (100%), Protein: 0.84g (1.68%), Iron: 1.25mg (6.95%), Manganese: 0.13mg (6.49%), Vitamin K: 6.72µg (6.4%), Vitamin B1: 0.09mg (5.86%), Selenium: 3.85µg (5.49%), Copper: 0.11mg (5.41%), Phosphorus: 34.29mg (3.43%), Vitamin B6: 0.06mg (2.99%), Magnesium: 11.69mg (2.92%), Fiber: 0.72g (2.86%), Calcium: 28.5mg (2.85%), Folate: 10.11µg (2.53%), Potassium: 87.28mg (2.49%), Vitamin C: 1.89mg (2.29%), Zinc: 0.34mg (2.27%), Vitamin B5:

0.18mg (1.76%), Vitamin B3: 0.26mg (1.32%), Vitamin B2: 0.02mg (1.23%), Vitamin A: 51.2IU (1.02%)