



## Kohlrabi Slivers and Pea Shoots with Sesame Dressing



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



20 min.

SERVINGS



6

CALORIES



89 kcal

SIDE DISH

### Ingredients

- ☐ 0.8 pound kohlrabi bulb trimmed
- ☐ 3 tablespoons soy sauce reduced-sodium
- ☐ 2 teaspoons rice wine sweet (Japanese rice wine)
- ☐ 2 cups pea shoots halved
- ☐ 0.3 cup sesame seed japanese-style hulled toasted (not )
- ☐ 2 teaspoons sugar
- ☐ 1 tablespoon water

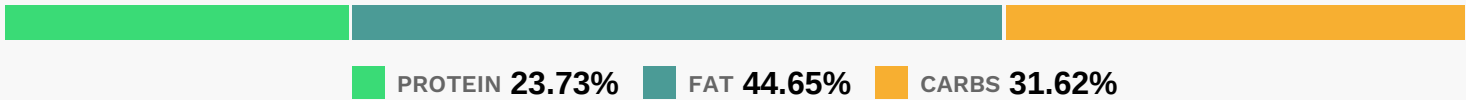
# Equipment

- ☐ bowl
- ☐ knife

# Directions

- ☐ Bring 2 quarts water to a boil with 2 teaspoons salt, then quickly blanch pea shoots until color brightens, about 10 seconds.
- ☐ Drain immediately and transfer to a bowl of cold water to stop cooking.
- ☐ Drain and pat dry.
- ☐ Peel kohlrabi bulbs with a small sharp knife, then cut into matchsticks with slicer. Toss together with shoots in a serving dish.
- ☐ Finely grind sesame seeds in suribachi or grinder, then transfer to a bowl and stir in remaining ingredients. (Dressing will be thick; thin slightly with additional water if desired.)
- ☐ Serve salad drizzled with some of dressing and serve remainder on the side.
- ☐ • Salad and dressing can be made 1 day ahead and chilled separately, covered. If dressing is too thick to drizzle, thin with 1 teaspoon water.

# Nutrition Facts



# Properties

Glycemic Index:20.85, Glycemic Load:1.57, Inflammation Score:-6, Nutrition Score:10.791739072003%

# Flavonoids

Luteolin: 0.74mg, Luteolin: 0.74mg, Luteolin: 0.74mg, Luteolin: 0.74mg Kaempferol: 1.38mg, Kaempferol: 1.38mg, Kaempferol: 1.38mg, Kaempferol: 1.38mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

# Nutrients (% of daily need)

Calories: 89.18kcal (4.46%), Fat: 4.7g (7.23%), Saturated Fat: 0.67g (4.18%), Carbohydrates: 7.49g (2.5%), Net Carbohydrates: 4.25g (1.54%), Sugar: 3.03g (3.36%), Cholesterol: 0mg (0%), Sodium: 316.2mg (13.75%), Alcohol: 0.27g (100%), Alcohol %: 0.22% (100%), Protein: 5.62g (11.24%), Vitamin C: 89.57mg (108.57%), Copper: 0.42mg (20.89%), Fiber: 4.66g (18.63%), Manganese: 0.32mg (15.89%), Magnesium: 45.67mg (11.42%), Calcium: 97.43mg

(9.74%), Phosphorus: 91.88mg (9.19%), Iron: 1.55mg (8.61%), Vitamin B6: 0.16mg (8.18%), Potassium: 266.05mg (7.6%), Vitamin A: 342.13IU (6.84%), Vitamin B1: 0.1mg (6.5%), Folate: 20.68µg (5.17%), Zinc: 0.73mg (4.85%), Selenium: 3.33µg (4.76%), Vitamin B3: 0.69mg (3.47%), Vitamin B2: 0.05mg (3.02%), Vitamin E: 0.33mg (2.17%), Vitamin B5: 0.12mg (1.23%)