



Korean-Style Cucumber and Edamame Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



70 min.

SERVINGS



4

CALORIES



89 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 teaspoon ground pepper to taste
- 16 ounces cucumber peeled quartered cut into 1/4-inch slices
- 1 cup edamame salted boiled shelled prepared for 5 minutes (in water)
- 1 teaspoon kosher salt
- 3 tablespoons juice of lemon freshly squeezed
- 1 medium onion sliced quartered
- 0.5 tsp sesame oil
- 1 tablespoon sesame seed

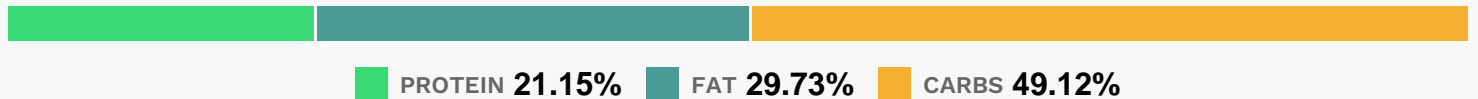
Equipment

- frying pan
- baking sheet
- oven
- mixing bowl
- mortar and pestle
- toaster
- colander

Directions

- Put the cucumber and onion slices into a mixing bowl and toss with salt. Allow to stand at room temperature for about an hour to draw out some of their moisture.
- Drain well in a colander. (If you're avoiding salt, you can also rinse with cold water and allow to drain completely.) While the cucumbers are sweating, toast the sesame seeds.
- Place them in a dry skillet over medium-high heat and stir until they begin to brown. (Alternately, place on a baking sheet in a toaster oven and toast until light brown; watch carefully because they burn easily.) Once they are toasted, crush lightly with a mortar and pestle.
- Put the cucumber and onion back into the mixing bowl and add all remaining ingredients, including sesame seeds. Refrigerate to allow flavors to blend.
- Serve chilled or at room temperature.

Nutrition Facts



Properties

Glycemic Index:27.25, Glycemic Load:0.91, Inflammation Score:-4, Nutrition Score:5.1608695880226%

Flavonoids

Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg

Naringenin: 0.16mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.62mg, Quercetin: 5.62mg, Quercetin: 5.62mg, Quercetin: 5.62mg

Nutrients (% of daily need)

Calories: 88.91kcal (4.45%), Fat: 3.05g (4.69%), Saturated Fat: 0.25g (1.59%), Carbohydrates: 11.33g (3.78%), Net Carbohydrates: 8.27g (3.01%), Sugar: 4.03g (4.48%), Cholesterol: 0mg (0%), Sodium: 585.11mg (25.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.88g (9.76%), Vitamin C: 10.11mg (12.26%), Fiber: 3.06g (12.25%), Potassium: 384.96mg (11%), Iron: 1.62mg (9.01%), Copper: 0.18mg (8.78%), Manganese: 0.17mg (8.64%), Vitamin K: 8.45µg (8.05%), Calcium: 73.42mg (7.34%), Folate: 25.42µg (6.36%), Magnesium: 24.26mg (6.06%), Vitamin B6: 0.11mg (5.74%), Phosphorus: 45.63mg (4.56%), Vitamin B1: 0.07mg (4.45%), Vitamin B5: 0.32mg (3.22%), Zinc: 0.4mg (2.7%), Vitamin A: 135.06IU (2.7%), Vitamin B2: 0.04mg (2.56%), Selenium: 0.96µg (1.38%)