



## Miso Grilled Cucumbers

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



55 kcal

SIDE DISH

### Ingredients

- 0.3 teaspoon pepper black freshly ground
- 1 teaspoon sesame oil dark
- 1 tablespoon juice of lime fresh
- 1 tablespoon mirin sweet (rice wine)
- 2.3 pounds pickling cucumbers quartered
- 1 teaspoon sesame seed toasted
- 0.3 cup miso white (soybean paste)

### Equipment

- bowl
- whisk
- grill

## Directions

- Combine first 4 ingredients in a large bowl, stirring with a whisk.
- Add cucumbers to bowl, tossing to coat. Cover and marinate in refrigerator 1 1/2 hours.
- Prepare grill to medium-high heat.
- Remove cucumbers from bowl, reserving marinade. Arrange cucumbers in a single layer on grill rack coated with cooking spray; grill for 2 minutes, brushing cucumbers with reserved marinade. Turn cucumbers over, and grill for 3 minutes or until browned, brushing with reserved marinade.
- Sprinkle cucumbers with sesame seeds and pepper.
- Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:23.83, Glycemic Load:1.79, Inflammation Score:-3, Nutrition Score:4.9686956483385%

## Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 55.09kcal (2.75%), Fat: 1.8g (2.77%), Saturated Fat: 0.26g (1.61%), Carbohydrates: 7.05g (2.35%), Net Carbohydrates: 5.17g (1.88%), Sugar: 3.1g (3.45%), Cholesterol: 0mg (0%), Sodium: 430.95mg (18.74%), Alcohol: 0.4g (100%), Alcohol %: 0.27% (100%), Protein: 2.56g (5.12%), Vitamin K: 15.85µg (15.09%), Manganese: 0.24mg (12.09%), Copper: 0.18mg (9.23%), Fiber: 1.88g (7.52%), Vitamin C: 6.19mg (7.51%), Potassium: 261.61mg (7.47%), Magnesium: 27.57mg (6.89%), Folate: 26.58µg (6.64%), Phosphorus: 56.67mg (5.67%), Vitamin B6: 0.11mg (5.67%), Vitamin B5: 0.45mg (4.51%), Vitamin B1: 0.07mg (4.49%), Vitamin B2: 0.07mg (4.15%), Zinc: 0.61mg (4.08%), Iron: 0.72mg (4%), Calcium: 34.44mg (3.44%), Vitamin A: 134.17IU (2.68%), Selenium: 1.13µg (1.61%)