



## Pickled Vegetable Salad with Nori Vinaigrette



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



4

CALORIES



194 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- ☐ 2 large carrots julienned peeled
- ☐ 0.5 cucumber english thinly sliced
- ☐ 1 tablespoon kosher salt
- ☐ 2 tablespoons soy sauce reduced-sodium
- ☐ 1 tablespoon rice wine sweet ( Japanese rice wine)
- ☐ 2 sheets nori seaweed toasted
- ☐ 6 radishes trimmed thinly sliced
- ☐ 0.5 medium onion red thinly sliced

- ☐ 2 tablespoons sugar
- ☐ 1.3 cups rice vinegar divided
- ☐ 0.3 cup vegetable oil

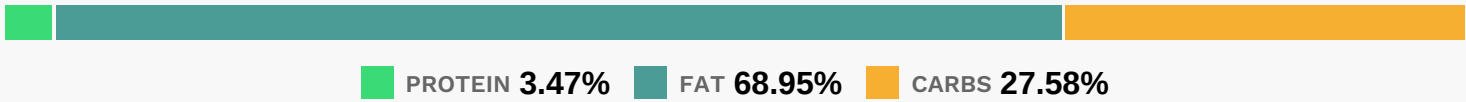
## Equipment

- ☐ bowl
- ☐ blender

## Directions

- ☐ Place radishes, carrots, onion, and cucumber in 4 separate bowls or jars. Bring sugar, salt, 1 cup vinegar, and 2 cups water to a boil in a medium saucepan, stirring to dissolve sugar.
- ☐ Pour pickling liquid over vegetables to cover; let cool. Cover and chill.
- ☐ Grind nori in a blender, scraping down sides as needed, until finely ground.
- ☐ Add oil, soy sauce, mirin, and remaining 1/4 cup vinegar and blend until smooth. Toss lettuce and dressing in a large bowl to coat.
- ☐ Drain pickled vegetables and arrange on top of salad.
- ☐ DO AHEAD: Nori vinaigrette can be made 3 days ahead; cover and chill. Vegetables can be pickled 1 day ahead; keep chilled.
- ☐ Per serving: 190 calories, 14 g fat, 2 g fiber
- ☐ Bon Appétit

## Nutrition Facts



## Properties

Glycemic Index:60.23, Glycemic Load:5.75, Inflammation Score:-10, Nutrition Score:9.2786955781605%

## Flavonoids

Pelargonidin: 3.79mg, Pelargonidin: 3.79mg, Pelargonidin: 3.79mg, Pelargonidin: 3.79mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.87mg, Quercetin:

2.87mg, Quercetin: 2.87mg, Quercetin: 2.87mg

Nutrients (% of daily need)

Calories: 193.65kcal (9.68%), Fat: 13.84g (21.29%), Saturated Fat: 2.11g (13.16%), Carbohydrates: 12.46g (4.15%), Net Carbohydrates: 10.8g (3.93%), Sugar: 8.98g (9.98%), Cholesterol: 0mg (0%), Sodium: 2062.94mg (89.69%), Alcohol: 0.6g (100%), Alcohol %: 0.36% (100%), Protein: 1.57g (3.13%), Vitamin A: 6109.48IU (122.19%), Vitamin K: 32.69µg (31.14%), Manganese: 0.2mg (9.8%), Vitamin E: 1.41mg (9.41%), Vitamin C: 5.74mg (6.95%), Potassium: 236.05mg (6.74%), Fiber: 1.66g (6.64%), Folate: 21.62µg (5.41%), Vitamin B6: 0.1mg (5.22%), Magnesium: 17.41mg (4.35%), Phosphorus: 43.11mg (4.31%), Vitamin B2: 0.06mg (3.67%), Copper: 0.07mg (3.27%), Vitamin B1: 0.05mg (3.13%), Calcium: 31.21mg (3.12%), Vitamin B3: 0.51mg (2.55%), Vitamin B5: 0.25mg (2.47%), Iron: 0.42mg (2.33%), Zinc: 0.28mg (1.87%), Selenium: 0.72µg (1.03%)