



Sautéed Miso Cucumber Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



6

CALORIES



35 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 4 cups cucumber seeded thinly sliced
- ☐ 1 tablespoon sesame oil dark
- ☐ 1 tablespoon green onions sliced
- ☐ 1.5 tablespoons lower-sodium soy sauce white (soybean paste)
- ☐ 1 tablespoon rice vinegar
- ☐ 0.1 teaspoon salt
- ☐ 1 tablespoon water hot

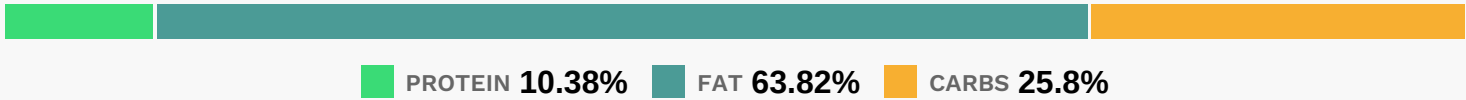
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Combine first 6 ingredients in a large bowl, stirring with a whisk.
- ☐ Heat sesame oil in a large skillet over medium heat.
- ☐ Add cucumber to pan; saute 4 minutes. Toss cucumber with juice mixture.

Nutrition Facts



Properties

Glycemic Index:21.5, Glycemic Load:0.22, Inflammation Score:-2, Nutrition Score:2.2830434584099%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 34.56kcal (1.73%), Fat: 2.49g (3.83%), Saturated Fat: 0.35g (2.16%), Carbohydrates: 2.27g (0.76%), Net Carbohydrates: 1.57g (0.57%), Sugar: 1.27g (1.41%), Cholesterol: 0mg (0%), Sodium: 194.58mg (8.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.91g (1.82%), Vitamin K: 8.91µg (8.48%), Manganese: 0.1mg (4.78%), Potassium: 138.6mg (3.96%), Folate: 14.83µg (3.71%), Vitamin C: 3.03mg (3.67%), Magnesium: 13.8mg (3.45%), Copper: 0.07mg (3.37%), Fiber: 0.7g (2.78%), Vitamin B6: 0.05mg (2.62%), Phosphorus: 25.87mg (2.59%), Vitamin B5: 0.23mg (2.28%), Vitamin B1: 0.03mg (1.98%), Vitamin B2: 0.03mg (1.92%), Iron: 0.27mg (1.52%), Calcium: 14.97mg (1.5%), Vitamin A: 74.27IU (1.49%), Zinc: 0.19mg (1.25%)