



Scallion-and-Benne Cucumber Noodles



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



114 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 6 large cucumber
- ☐ 0.7 cup spring onion thinly sliced
- ☐ 2 tablespoons honey
- ☐ 4 teaspoons kosher salt
- ☐ 0.5 cup rice vinegar
- ☐ 1 teaspoon sesame oil
- ☐ 6 servings sesame seed toasted

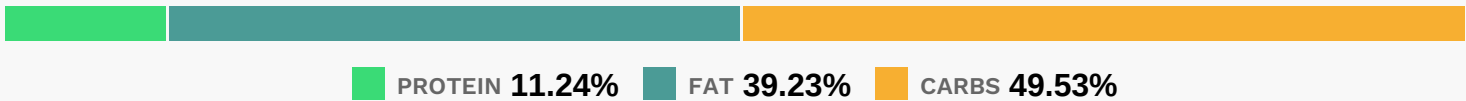
Equipment

- ☐ mandoline
- ☐ colander

Directions

- ☐ Peel cucumbers; cut into thin strips using the julienne blade of a mandoline. (Yield should be about 8 cups.) Toss together cucumbers and salt, and drain in a colander 30 minutes.
- ☐ Toss together green onions, next 3 ingredients, and drained cucumbers.
- ☐ Sprinkle with sesame seeds.

Nutrition Facts



Properties

Glycemic Index:30.71, Glycemic Load:4.12, Inflammation Score:-6, Nutrition Score:10.903478119684%

Flavonoids

Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg

Nutrients (% of daily need)

Calories: 113.99kcal (5.7%), Fat: 5.11g (7.86%), Saturated Fat: 0.69g (4.32%), Carbohydrates: 14.52g (4.84%), Net Carbohydrates: 11.31g (4.11%), Sugar: 9.9g (11%), Cholesterol: 0mg (0%), Sodium: 1559.28mg (67.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.29g (6.59%), Vitamin K: 43.25µg (41.19%), Copper: 0.54mg (26.98%), Manganese: 0.44mg (22.01%), Magnesium: 64.29mg (16.07%), Folate: 54.21µg (13.55%), Vitamin C: 11.08mg (13.44%), Potassium: 453.29mg (12.95%), Fiber: 3.21g (12.83%), Calcium: 127.86mg (12.79%), Phosphorus: 114.36mg (11.44%), Iron: 1.99mg (11.07%), Vitamin B6: 0.21mg (10.72%), Vitamin B1: 0.16mg (10.41%), Zinc: 1.16mg (7.74%), Vitamin B5: 0.69mg (6.89%), Vitamin A: 313.1IU (6.26%), Vitamin B2: 0.1mg (5.96%), Selenium: 3.26µg (4.66%), Vitamin B3: 0.53mg (2.66%), Vitamin E: 0.17mg (1.16%)