



Sea Bean Salad with Daikon and Cucumber



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



241 kcal

SIDE DISH

Ingredients

- ☐ 2 teaspoons sesame seed black
- ☐ 2 tablespoons canola oil
- ☐ 1.5 pounds cucumbers peeled
- ☐ 1 large daikon radish peeled
- ☐ 3 tablespoons rice wine vinegar
- ☐ 4 scallions
- ☐ 0.5 pound sea beans ends trimmed
- ☐ 2 tablespoons sesame oil toasted

- ☐ 2 shiso leaves fresh finely chopped
- ☐ 1 teaspoon sugar
- ☐ 2 tablespoons tamari sauce
- ☐ 2 teaspoons sesame seed white

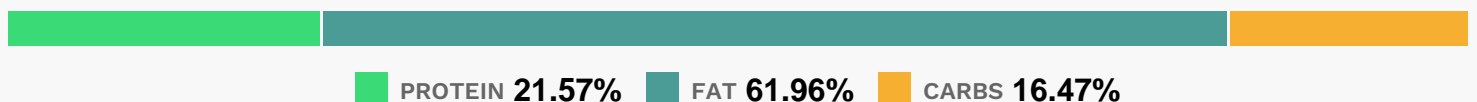
Equipment

- ☐ bowl
- ☐ knife
- ☐ mandoline

Directions

- ☐ Cut the flesh of the cucumber into very thin noodle-like strips. Avoid the seeds by not cutting the very center of the cucumber. A mandoline works best, or use a knife and slice really thin.
- ☐ Cut the daikon into the same thin noodle-like strips. Here there are no seeds, so you can cut through the entire vegetable.
- ☐ Trim the roots of the scallions, then slice them into fine rings. Start at the white bottom and use about three-quarters of each scallion, until the leaves become much darker green and thicker.
- ☐ Combine the remaining ingredients in a medium bowl to ensure they are well mixed, then add all of the vegetables. Toss to combine, then cover and place in the refrigerator to marinate for at least 30 minutes, but no longer than 24 hours or they will get mushy.
- ☐ Serve chilled.
- ☐ Reprinted with permission from Vedge: 100 Plates Large and Small That Redefine Vegetable Cooking by Rich Landau and Kate Jacoby. Copyright © 2013 Rich Landau and Kate Jacoby; photographs copyright © 2013 Michael Spain-Smith. Published by The Experiment, LLC.

Nutrition Facts



Properties

Glycemic Index:71.02, Glycemic Load:2.08, Inflammation Score:-6, Nutrition Score:15.1891304721%

Flavonoids

Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg

Nutrients (% of daily need)

Calories: 241.09kcal (12.05%), Fat: 16.71g (25.7%), Saturated Fat: 1.99g (12.43%), Carbohydrates: 9.99g (3.33%), Net Carbohydrates: 6.83g (2.48%), Sugar: 5.9g (6.56%), Cholesterol: 45.36mg (15.12%), Sodium: 565.4mg (24.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.08g (26.17%), Vitamin K: 43.28µg (41.22%), Vitamin B12: 2.17µg (36.1%), Selenium: 22.35µg (31.94%), Vitamin C: 26.29mg (31.87%), Phosphorus: 196.62mg (19.66%), Potassium: 630.12mg (18%), Magnesium: 69.75mg (17.44%), Copper: 0.34mg (17%), Vitamin B6: 0.34mg (16.84%), Folate: 63.82µg (15.95%), Manganese: 0.28mg (14.24%), Fiber: 3.16g (12.65%), Iron: 1.88mg (10.42%), Vitamin B1: 0.15mg (10.27%), Vitamin B5: 0.99mg (9.94%), Vitamin B3: 1.93mg (9.66%), Vitamin E: 1.45mg (9.63%), Calcium: 85.8mg (8.58%), Vitamin B2: 0.1mg (6.17%), Zinc: 0.88mg (5.9%), Vitamin A: 293.32IU (5.87%)