



Seaweed Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



108 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 1 teaspoon ginger fresh finely grated peeled
- ☐ 0.5 teaspoon garlic minced
- ☐ 0.3 pound apples i use 2 granny smith apples
- ☐ 3 tablespoons rice vinegar (not seasoned)
- ☐ 2 spring onion thinly sliced
- ☐ 2 tablespoons sesame oil
- ☐ 1 tablespoon sesame seed toasted

- ☐ 3 tablespoons soya sauce
- ☐ 1 teaspoon sugar
- ☐ 0.8 ounce wakame seaweed dried whole (or cut)

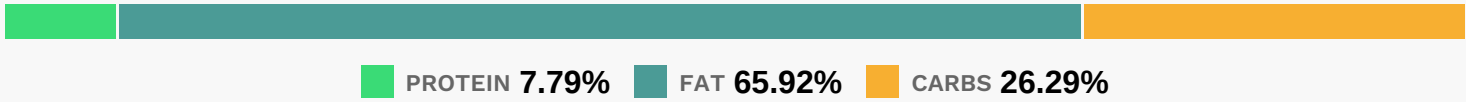
Equipment

- ☐ bowl

Directions

- ☐ Soak seaweed in warm water to cover, 5 minutes.
- ☐ Drain, then squeeze out excess water. If wakame is uncut, cut into 1/2-inch-wide strips.
- ☐ Stir together vinegar, soy sauce, sesame oil, sugar, ginger, and garlic in a bowl until sugar is dissolved.
- ☐ Cut apple into 1/4-inch dice and add to dressing with seaweed, scallions, and cilantro, tossing to combine well.
- ☐ Sprinkle salad with sesame seeds.

Nutrition Facts



Properties

Glycemic Index:77.77, Glycemic Load:2.05, Inflammation Score:-3, Nutrition Score:3.7639130820399%

Flavonoids

Cyanidin: 0.45mg, Cyanidin: 0.45mg, Cyanidin: 0.45mg, Cyanidin: 0.45mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 2.13mg, Epicatechin: 2.13mg, Epicatechin: 2.13mg, Epicatechin: 2.13mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.89mg, Quercetin: 1.89mg, Quercetin: 1.89mg, Quercetin: 1.89mg

Nutrients (% of daily need)

Calories: 107.51kcal (5.38%), Fat: 8.11g (12.48%), Saturated Fat: 1.15g (7.2%), Carbohydrates: 7.28g (2.43%), Net Carbohydrates: 6.05g (2.2%), Sugar: 4.38g (4.86%), Cholesterol: 0mg (0%), Sodium: 802.4mg (34.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.16g (4.31%), Vitamin K: 14.9µg (14.19%), Manganese: 0.23mg (11.27%), Copper: 0.13mg (6.55%), Magnesium: 21.21mg (5.3%), Folate: 19.67µg (4.92%), Fiber: 1.23g (4.92%), Iron: 0.87mg (4.82%), Phosphorus: 41.04mg (4.1%), Vitamin B3: 0.77mg (3.87%), Calcium: 37.82mg (3.78%), Vitamin C: 2.79mg (3.38%), Vitamin B6: 0.06mg (3.2%), Vitamin B2: 0.05mg (3%), Potassium: 92.41mg (2.64%), Vitamin B1: 0.04mg (2.41%), Vitamin A: 107.97IU (2.16%), Zinc: 0.28mg (1.84%), Vitamin E: 0.25mg (1.65%), Selenium: 0.99µg (1.42%), Vitamin B5: 0.12mg (1.15%)