



Seaweed Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



107 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 tablespoons cilantro leaves fresh chopped
- 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)

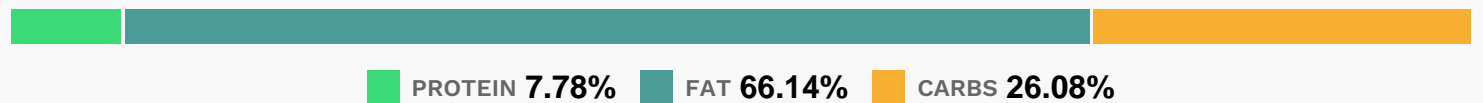
Equipment

- 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:74.02, Glycemic Load:2.04, Inflammation Score:-2, Nutrition Score:3.7439130389172%

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: 107.11kcal (5.36%), Fat: 8.1g (12.47%), Saturated Fat: 1.15g (7.2%), Carbohydrates: 7.19g (2.4%), Net Carbohydrates: 5.97g (2.17%), Sugar: 4.37g (4.85%), Cholesterol: 0mg (0%), Sodium: 802.33mg (34.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.15g (4.29%), Vitamin K: 14.9µg (14.19%), Manganese: 0.22mg (11.21%),

Copper: 0.13mg (6.5%), Magnesium: 20.99mg (5.25%), Folate: 19.61µg (4.9%), Fiber: 1.22g (4.88%), Iron: 0.87mg (4.81%), Phosphorus: 40.87mg (4.09%), Vitamin B3: 0.77mg (3.85%), Calcium: 37.74mg (3.77%), Vitamin C: 2.76mg (3.35%), Vitamin B6: 0.06mg (3.16%), Vitamin B2: 0.05mg (2.99%), Potassium: 90.34mg (2.58%), Vitamin B1: 0.04mg (2.4%), Vitamin A: 107.97IU (2.16%), Zinc: 0.27mg (1.83%), Vitamin E: 0.25mg (1.64%), Selenium: 0.99µg (1.41%), Vitamin B5: 0.11mg (1.14%)