



Sesame-Miso Cucumber Salad



Vegetarian



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



6

CALORIES



49 kcal

SIDE DISH

Ingredients

- ☐ 1 teaspoon pepper red crushed
- ☐ 4 cups cucumber seeded thinly sliced
- ☐ 2 teaspoons sesame oil dark
- ☐ 1 tablespoon honey
- ☐ 2 tablespoons lower-sodium soy sauce white (soybean paste)
- ☐ 1 tablespoon rice vinegar
- ☐ 1.5 tablespoons sesame seed toasted
- ☐ 1 tablespoon water hot

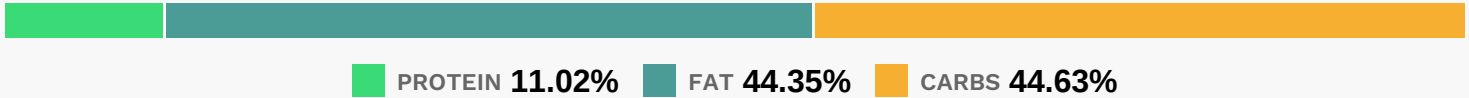
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Combine first 7 ingredients in a large bowl, stirring with a whisk.
- ☐ Add cucumber; toss to coat.
- ☐ SAUTED MISO VARIATION: Omit seeds, honey, and red pepper; decrease miso to 1 1/2 tablespoons.
- ☐ Combine miso, water, vinegar, 1 tablespoon sliced green onions, 1/4 teaspoon black pepper, and 1/8 teaspoon salt.
- ☐ Heat 1 tablespoon sesame oil in a large skillet over medium heat.
- ☐ Add cucumber to pan; saut 4 minutes. Toss cucumber with juice mixture.

Nutrition Facts



Properties

Glycemic Index:25.38, Glycemic Load:1.78, Inflammation Score:-2, Nutrition Score:3.2965217154959%

Nutrients (% of daily need)

Calories: 48.99kcal (2.45%), Fat: 2.53g (3.9%), Saturated Fat: 0.35g (2.19%), Carbohydrates: 5.73g (1.91%), Net Carbohydrates: 4.72g (1.71%), Sugar: 4.15g (4.62%), Cholesterol: 0mg (0%), Sodium: 199.78mg (8.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.42g (2.83%), Copper: 0.15mg (7.62%), Manganese: 0.15mg (7.32%), Vitamin K: 6.92µg (6.59%), Magnesium: 21.96mg (5.49%), Potassium: 157.09mg (4.49%), Folate: 16.86µg (4.22%), Phosphorus: 41.3mg (4.13%), Fiber: 1.02g (4.07%), Vitamin B6: 0.08mg (3.87%), Calcium: 35.06mg (3.51%), Iron: 0.63mg (3.51%), Vitamin C: 2.86mg (3.46%), Vitamin A: 162.85IU (3.26%), Vitamin B1: 0.05mg (3.08%), Vitamin B2: 0.04mg (2.61%), Zinc: 0.37mg (2.47%), Vitamin B5: 0.24mg (2.36%), Vitamin E: 0.2mg (1.33%), Selenium: 0.91µg (1.3%), Vitamin B3: 0.23mg (1.13%)