



Sesame Spinach Salad



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



70 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 cup sake dry white
- ☐ 2 teaspoons asian sesame oil
- ☐ 2 tablespoons sesame seed toasted
- ☐ 2 tablespoons soya sauce
- ☐ 1.5 pounds pkt spinach stemmed rinsed well
- ☐ 2 teaspoons sugar

Equipment

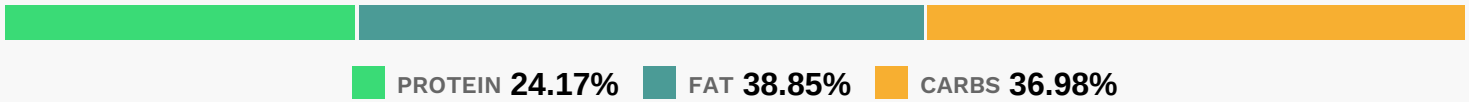
- ☐ bowl

- ☐ frying pan
- ☐ sieve
- ☐ kitchen towels

Directions

- ☐ In a 5- to 6-quart pan over high heat, bring about 3 quarts water to a boil.
- ☐ Add half the spinach and cook until wilted, 1 to 2 minutes.
- ☐ Remove spinach from water with a strainer and place in a large bowl of ice water until cool; lift out and drain. Repeat process to cook and cool remaining spinach.
- ☐ In a large bowl, mix sake, soy sauce, sugar, and sesame oil.
- ☐ Squeeze or roll spinach tightly in a kitchen towel to remove as much water as possible.
- ☐ Place in bowl and mix with dressing to coat. If making salad ahead, cover and chill up to 4 hours.
- ☐ Divide spinach into six cylindrical bundles and squeeze each tightly to compact the leaves. Arrange bundles on a serving plate or in individual small, shallow bowls. Spoon a little of the dressing left in the bowl over each bundle.
- ☐ Sprinkle each bundle with about 1 teaspoon sesame seeds.

Nutrition Facts



Properties

Glycemic Index:27.85, Glycemic Load:1.64, Inflammation Score:-10, Nutrition Score:22.946086925009%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.84mg, Luteolin: 0.84mg, Luteolin: 0.84mg, Luteolin: 0.84mg Kaempferol: 7.24mg, Kaempferol: 7.24mg, Kaempferol: 7.24mg, Kaempferol: 7.24mg Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg Quercetin: 4.51mg, Quercetin: 4.51mg, Quercetin: 4.51mg, Quercetin: 4.51mg

Nutrients (% of daily need)

Calories: 70.08kcal (3.5%), Fat: 3.11g (4.79%), Saturated Fat: 0.45g (2.79%), Carbohydrates: 6.66g (2.22%), Net Carbohydrates: 3.81g (1.38%), Sugar: 2.01g (2.24%), Cholesterol: 0mg (0%), Sodium: 425.55mg (18.5%), Alcohol: 1.03g (100%), Alcohol %: 0.97% (100%), Protein: 4.35g (8.71%), Vitamin K: 547.93µg (521.84%), Vitamin A: 10633.58IU (212.67%), Manganese: 1.12mg (56.22%), Folate: 223.76µg (55.94%), Vitamin C: 31.86mg (38.62%), Magnesium: 102.34mg (25.59%), Iron: 3.63mg (20.18%), Potassium: 665.09mg (19%), Vitamin E: 2.33mg (15.52%), Calcium: 140.38mg (14.04%), Vitamin B2: 0.23mg (13.63%), Copper: 0.26mg (13.24%), Vitamin B6: 0.26mg (12.96%), Fiber: 2.86g (11.43%), Phosphorus: 81.94mg (8.19%), Vitamin B1: 0.11mg (7.57%), Vitamin B3: 1.19mg (5.95%), Zinc: 0.85mg (5.64%), Selenium: 2.12µg (3.02%), Vitamin B5: 0.1mg (1.02%)