



Shogun Cucumber Salad

 Vegetarian  Gluten Free

READY IN



30 min.

SERVINGS



8

CALORIES



133 kcal

SIDE DISH

Ingredients

- ☐ 3 tablespoons balsamic vinegar
- ☐ 1 sprig basil chopped
- ☐ 1 teaspoon pepper black freshly ground
- ☐ 0.3 cup cider vinegar
- ☐ 0.5 bunch cilantro leaves
- ☐ 1 bunch cilantro leaves chopped
- ☐ 3 medium cucumbers english halved lengthwise seeded thinly sliced
- ☐ 0.8 cup olive oil extra virgin

- ☐ 4 ounces feta cheese grated crumbled
- ☐ 1 tablespoon miso
- ☐ 2 tablespoons orange juice
- ☐ 8 plum tomatoes halved seeded sliced
- ☐ 2 tablespoons seasoned rice wine vinegar
- ☐ 2 tablespoons soya sauce
- ☐ 1 onion sweet such as walla walla, sliced
- ☐ 2 tablespoons wasabi powder
- ☐ 0.5 cup water

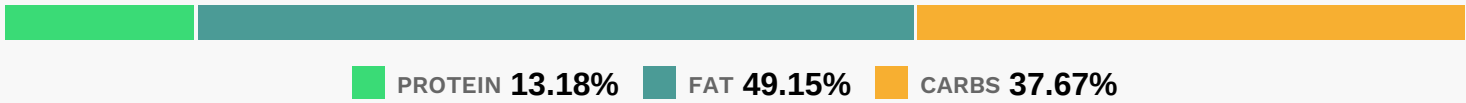
Equipment

- ☐ bowl
- ☐ blender

Directions

- ☐ Place all dressing ingredients in a blender, blend until smooth.
- ☐ Let stand for 10 minutes, then blend again just before serving.
- ☐ Combine salad ingredients in a large bowl, toss with dressing and serve.

Nutrition Facts



Properties

Glycemic Index:62.38, Glycemic Load:1.88, Inflammation Score:-7, Nutrition Score:9.4878261348476%

Flavonoids

Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.51mg, Hesperetin: 0.51mg, Hesperetin: 0.51mg, Hesperetin: 0.51mg Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol:

0.67mg, Kaempferol: 0.67mg, Kaempferol: 0.67mg, Kaempferol: 0.67mg Myricetin: 0.55mg, Myricetin: 0.55mg, Myricetin: 0.55mg, Myricetin: 0.55mg Quercetin: 7.22mg, Quercetin: 7.22mg, Quercetin: 7.22mg, Quercetin: 7.22mg

Nutrients (% of daily need)

Calories: 133.42kcal (6.67%), Fat: 7.54g (11.61%), Saturated Fat: 2.53g (15.81%), Carbohydrates: 13.01g (4.34%), Net Carbohydrates: 10.97g (3.99%), Sugar: 7.1g (7.88%), Cholesterol: 12.62mg (4.21%), Sodium: 504.54mg (21.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.55g (9.1%), Vitamin K: 32.89µg (31.32%), Vitamin C: 16.73mg (20.28%), Vitamin A: 821.38IU (16.43%), Manganese: 0.31mg (15.55%), Potassium: 424.11mg (12.12%), Vitamin B6: 0.23mg (11.51%), Phosphorus: 114.92mg (11.49%), Vitamin B2: 0.19mg (11.43%), Calcium: 111.96mg (11.2%), Folate: 35.08µg (8.77%), Magnesium: 34.27mg (8.57%), Fiber: 2.04g (8.18%), Copper: 0.14mg (7.08%), Vitamin B1: 0.1mg (6.91%), Vitamin E: 1.03mg (6.86%), Zinc: 0.91mg (6.07%), Vitamin B5: 0.57mg (5.71%), Iron: 1mg (5.58%), Vitamin B3: 0.92mg (4.6%), Selenium: 2.91µg (4.16%), Vitamin B12: 0.24µg (4.02%)