



HEALTH SCORE

53%

Simple Sesame Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



7 min.

SERVINGS



4

CALORIES



105 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients



1.5 tablespoons sesame oil dark



1.5 tablespoons roasted ground sesame seeds



1 tablespoon coarsely ground korean chile (gochugaru)



0.3 teaspoon kosher salt



1.5 teaspoons lower-sodium soy sauce



0.3 cup slivered onion red



1.5 tablespoons rice vinegar



6 cups torn romaine lettuce

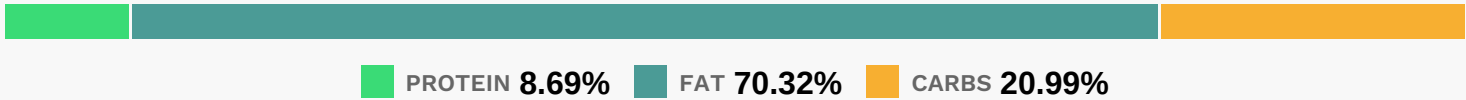
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Combine first 6 ingredients in a large bowl, stirring with a whisk.
- ☐ Add lettuce and onion; toss to coat.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:19.25, Glycemic Load:0.28, Inflammation Score:-10, Nutrition Score:13.138695701309%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 4.26mg, Quercetin: 4.26mg, Quercetin: 4.26mg, Quercetin: 4.26mg

Nutrients (% of daily need)

Calories: 104.82kcal (5.24%), Fat: 8.75g (13.46%), Saturated Fat: 1.25g (7.79%), Carbohydrates: 5.88g (1.96%), Net Carbohydrates: 3.19g (1.16%), Sugar: 1.56g (1.73%), Cholesterol: 0mg (0%), Sodium: 253.9mg (11.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.43g (4.86%), Vitamin A: 6737.58IU (134.75%), Vitamin K: 75.14µg (71.57%), Folate: 105.31µg (26.33%), Fiber: 2.68g (10.72%), Vitamin B1: 0.15mg (10.14%), Manganese: 0.17mg (8.61%), Phosphorus: 78.81mg (7.88%), Potassium: 265.17mg (7.58%), Copper: 0.15mg (7.55%), Iron: 1.33mg (7.42%), Vitamin E: 0.94mg (6.26%), Vitamin B6: 0.12mg (6.07%), Magnesium: 20.88mg (5.22%), Vitamin C: 4.06mg (4.92%), Vitamin B2: 0.08mg (4.76%), Calcium: 41.88mg (4.19%), Vitamin B3: 0.81mg (4.03%), Selenium: 2.73µg (3.9%), Zinc: 0.55mg (3.64%), Vitamin B5: 0.14mg (1.4%)