



Sunomono (Japanese Cucumber and Seafood Salad)



Gluten Free



Dairy Free



Low Fod Map

READY IN



80 min.

SERVINGS



4

CALORIES



74 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 large cucumber english peeled thinly sliced
- 8 ounce imitation crab sticks halved
- 2 tablespoons rice vinegar
- 1 teaspoon salt
- 1 teaspoon sesame seed to taste
- 1 tablespoon soya sauce

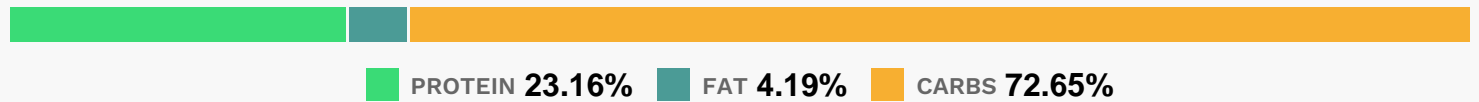
Equipment

- bowl
- paper towels
- plastic wrap

Directions

- Lay cucumber slices onto a large plate and sprinkle with salt on both sides. Set aside until water is drawn from the cucumber, about 15 minutes.
- Brush salt from cucumbers and press with paper towel to remove excess moisture.
- Combine cucumber slices, crab sticks, rice vinegar, and soy sauce in a glass dish bowl; toss to coat. Cover bowl with plastic wrap and refrigerate for at least 1 hour (or up to 24 hours).
- Divide cucumber salad onto 4 plates; sprinkle each portion with sesame seeds.

Nutrition Facts



Properties

Glycemic Index:25, Glycemic Load:0.05, Inflammation Score:-1, Nutrition Score:2.3913043413473%

Flavonoids

Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 74.39kcal (3.72%), Fat: 0.34g (0.52%), Saturated Fat: 0.06g (0.39%), Carbohydrates: 13.07g (4.36%), Net Carbohydrates: 11.98g (4.36%), Sugar: 3.2g (3.56%), Cholesterol: 6.24mg (2.08%), Sodium: 1153.1mg (50.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.17g (8.34%), Vitamin K: 12.3µg (11.71%), Manganese: 0.1mg (5%), Fiber: 1.09g (4.37%), Potassium: 122.41mg (3.5%), Magnesium: 13.4mg (3.35%), Copper: 0.06mg (2.91%), Phosphorus: 27.32mg (2.73%), Vitamin C: 2.1mg (2.55%), Iron: 0.4mg (2.21%), Vitamin B6: 0.04mg (2.15%), Vitamin B5: 0.21mg (2.11%), Vitamin B2: 0.03mg (1.93%), Calcium: 18.61mg (1.86%), Vitamin B1: 0.03mg (1.79%), Folate: 6.55µg (1.64%), Vitamin A: 78.79IU (1.58%), Zinc: 0.21mg (1.4%), Vitamin B3: 0.27mg (1.37%)