



Wakame Wonder Salad with Leaf Organics House Dressing



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



6

CALORIES



67 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 3 tablespoon ginger fresh peeled chopped
- ☐ 3 clove garlic peeled roughly chopped
- ☐ 0.8 cup cold-pressed olive oil
- ☐ 0.5 cup namu shoyu (unpasteurized soy sauce)
- ☐ 6 cup wakame seaweed dried
- ☐ 0.8 cup water plus more for soaking & rinsing wakame

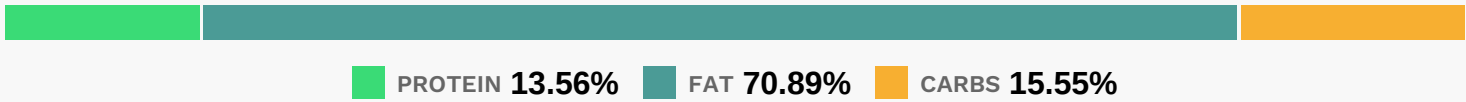
Equipment

- ☐ bowl
- ☐ blender

Directions

- ☐ Put the lemon first, then the rest of the ingredients except the water, on a blender. Blend well.
- ☐ Add the water and blend again.
- ☐ Serve chilled. This is more dressing than you will need for the salad. The balance may be stored in the refrigerator for up to 2 weeks. In a large bowl, cover the wakame with water. Soak overnight. This removes much of the saltiness. Rinse and drain the wakame well. Chop into 1-inch strips. Toss the wakame strips with 1-cup of the dressing, allow to marinate 1 hour, and serve.

Nutrition Facts



Properties

Glycemic Index:10, Glycemic Load:0.36, Inflammation Score:-1, Nutrition Score:2.4786956686041%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 66.9kcal (3.35%), Fat: 5.49g (8.44%), Saturated Fat: 0.76g (4.77%), Carbohydrates: 2.71g (0.9%), Net Carbohydrates: 2.43g (0.88%), Sugar: 0.44g (0.49%), Cholesterol: 0mg (0%), Sodium: 1129.83mg (49.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.36g (4.72%), Manganese: 0.21mg (10.42%), Vitamin E: 0.84mg (5.63%), Vitamin B3: 0.89mg (4.45%), Magnesium: 15.63mg (3.91%), Folate: 14.94µg (3.73%), Iron: 0.66mg (3.66%), Vitamin K: 3.58µg (3.41%), Phosphorus: 33.12mg (3.31%), Vitamin B6: 0.06mg (3.15%), Copper: 0.05mg (2.72%), Vitamin B2: 0.05mg (2.66%), Potassium: 64.39mg (1.84%), Calcium: 15.63mg (1.56%), Vitamin B5: 0.13mg (1.28%), Vitamin B1: 0.02mg (1.24%), Fiber: 0.28g (1.14%)