

Chinese Seaweed Salad (?????)

Yield: 4 min
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-squid-and-seaweed-salad-recipe>

Ingredients:

- 4 ounces seaweed
- 1 ounce dried kombu
- 1 1/2 tablespoons peanut oil or vegetable oil
- 3 chili peppers dried Chinese, torn into 2 to 3 pieces
- 1/4 cup chopped cilantro loosely packed, for garnish, optional
- 1 tablespoon light soy sauce
- 1 tablespoon chinkiang vinegar
- 1 teaspoon sesame oil toasted
- 3 cloves garlic minced
- 1 teaspoon ginger minced
- 1 teaspoon sugar
- 1/4 teaspoon salt

Nutrition:

1. Calories: 120 calories
2. Carbohydrate: 7 grams
3. Cholesterol: 5 milligrams
4. Fat: 9 grams
5. Protein: 4 grams
6. SaturatedFat: 1.5 grams
7. Sodium: 520 milligrams
8. Sugar: 1 grams

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