

# Japanese Pickled Cucumbers (Kyuri Zuke)

Yield: 3 min  
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-for-japanese-pickled-cucumbers>

## Ingredients:

- 3 japanese cucumbers or 6 kirbys, halved lengthwise, seeds removed
- 1/3 cup wakame dried, seaweed, soaked in water for 10 minutes, roughly chopped
- 3 tablespoons soy sauce
- 1 tablespoon rice vinegar
- 1 carrot small, grated

## Nutrition:

1. Calories: 70 calories
2. Carbohydrate: 16 grams
3. Fiber: 4 grams
4. Protein: 4 grams
5. Sodium: 1000 milligrams
6. Sugar: 7 grams

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