

Japanese Seaweed Salad (Wakame)

Yield: 4 min
Total Time: 65 min

Recipe from: <https://www.recipeschoose.com/recipes/seaweed-salad-recipe-traditional-japanese-cuisines>

Ingredients:

- 5/8 cup seaweed dried wakame
- 3 tablespoons reduced sodium soy sauce
- 1 tablespoon rice vinegar
- 1 tablespoon mirin
- 1 teaspoon sugar
- 1 teaspoon grated ginger
- 1/2 teaspoon garlic grated
- 1 tablespoon toasted sesame oil
- 1/4 teaspoon red pepper flakes
- 1 baby cucumber skin on, very thinly sliced
- 1/2 teaspoon white sesame seeds toasted
- 1/2 teaspoon black sesame seeds

Nutrition:

1. Calories: 60 calories
2. Carbohydrate: 5 grams
3. Fat: 4 grams
4. Fiber: 1 grams
5. Protein: 1 grams
6. SaturatedFat: 0.5 grams
7. Sodium: 400 milligrams
8. Sugar: 2 grams

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