

# Scallion-and-Benne Cucumber Noodles

Vivian Howard - Kinston, NC  
Southern Living Magazine - July 2013

## Servings: 4

6 large cucumbers  
4 teaspoons Kosher salt  
2/3 cup green onions (green parts only), thinly sliced  
1/2 cup plus 2 tablespoons rice vinegar  
2 tablespoons honey  
1 teaspoon sesame oil  
toasted sesame seeds

Peel the cucumbers. Cut into thin strips using the julienne blade of a mandolin. (The yield should be about eight cups.) Toss together the cucumbers and salt. Drain in a colander for 30 minutes.

Toss together the green onions, rice vinegar, honey, sesame oil and drained cucumbers.

Sprinkle with the sesame seeds.

*Slice the cucumbers just until you reach the seeds, but no farther, or the noodles become raggedy. Pair with fish or shrimp.*

Per Serving (excluding unknown items): 105 Calories; 2g Fat (12.9% calories from fat); 3g Protein; 23g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 1890mg Sodium. Exchanges: 2 1/2 Vegetable; 0 Fat; 1/2 Other Carbohydrates.

## Side Dishes

### Per Serving Nutritional Analysis

Calories (kcal):	105	Vitamin B6 (mg):	.2mg
% Calories from Fat:	12.9%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	76.6%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	10.5%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	2g	Folacin (mcg):	59mcg
Saturated Fat (g):	trace	Niacin (mg):	1mg
Monounsaturated Fat (g):	trace	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	1g	Alcohol (kcal):	0
Cholesterol (mg):	0mg	% Daily Value*	on on%
Carbohydrate (g):	23g	<b>Food Exchanges</b>	
Dietary Fiber (g):	4g	Grain (Starch):	0
Protein (g):	3g	Lean Meat:	0
Sodium (mg):	1890mg	Vegetable:	2 1/2

**Potassium (mg):** 686mg  
**Calcium (mg):** 66mg  
**Iron (mg):** 1mg  
**Zinc (mg):** 1mg  
**Vitamin C (mg):** 24mg  
**Vitamin A (i.u.):** 971IU  
**Vitamin A (r.e.):** 95RE

**Fruit:** 0  
**Non-Fat Milk:** 0  
**Fat:** 0  
**Other Carbohydrates:** 1/2

## Nutrition Facts

Servings per Recipe: 4

### Amount Per Serving

**Calories** 105 Calories from Fat: 14

### % Daily Values\*

<b>Total Fat</b>	2g	3%
Saturated Fat	trace	2%
<b>Cholesterol</b>	0mg	0%
<b>Sodium</b>	1890mg	79%
<b>Total Carbohydrates</b>	23g	8%
Dietary Fiber	4g	14%
<b>Protein</b>	3g	

<b>Vitamin A</b>	19%
<b>Vitamin C</b>	40%
<b>Calcium</b>	7%
<b>Iron</b>	8%

\* Percent Daily Values are based on a 2000 calorie diet.