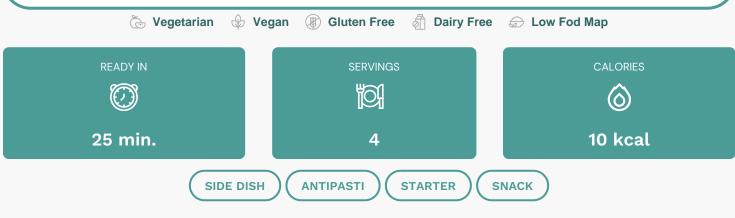


Asian Cucumber Ribbon Salad



Ingredients

	0.3 cup seasoned rice vinegar
	0.5 teaspoon sesame oil
	1 teaspoon soya sauce
	0.5 teaspoon sugar

Equipment

mandoline

Directions □ Bring vinegar and sugar to a simmer, stirring until sugar is dissolved, then cool to room temperature. Stir in soy sauce and sesame oil. □ Cut cucumber lengthwise into 1/8-inch-thick ribbons using a mandoline or other manual slicer. Toss cucumber with dressing and let stand 5 minutes before serving. □ Do not let dressed cucumber salad stand more than 20 minutes before serving, or it will become soggy. □ Each serving contains about 59 calories and 1 gram fat. □ Gourmet Nutrition Facts

Properties

Glycemic Index:33.77, Glycemic Load:0.36, Inflammation Score:0, Nutrition Score:0.13043478325657%

Nutrients (% of daily need)

Calories: 10.11kcal (0.51%), Fat: 0.5g (0.77%), Saturated Fat: 0.07g (0.44%), Carbohydrates: 0.59g (0.2%), Net Carbohydrates: 0.58g (0.21%), Sugar: 0.53g (0.59%), Cholesterol: Omg (0%), Sodium: 84.11mg (3.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.16g (0.32%)