



Asian Cucumber Ribbon Salad



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



25 min.

SERVINGS



4

CALORIES



10 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

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

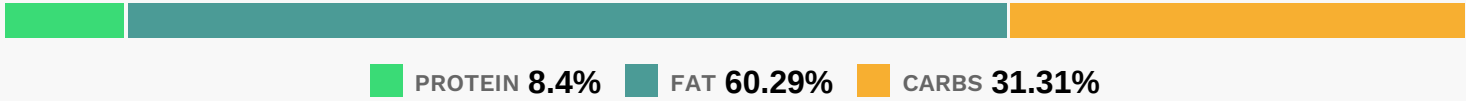
Equipment

- ☐ 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: 0mg (0%), Sodium: 84.11mg (3.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.16g (0.32%)