



Asian Cucumber Salad



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



1

CALORIES



44 kcal

SIDE DISH

Ingredients

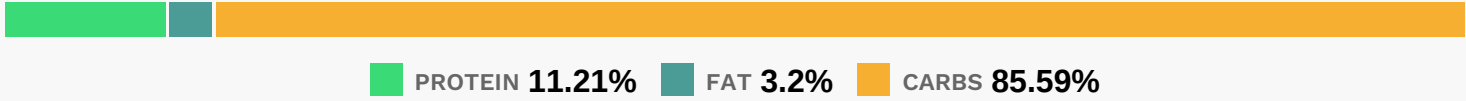
- ☐ 0.1 teaspoon chile paste with garlic
- ☐ 1 cup cucumber english peeled thinly sliced
- ☐ 0.5 teaspoon fish sauce
- ☐ 0.3 cup onion red vertically sliced
- ☐ 1 tablespoon rice wine vinegar
- ☐ 0.5 teaspoon sugar

Equipment

Directions

☐ Combine all ingredients, tossing well to combine. Cover salad and chill at least 30 minutes.

Nutrition Facts



Properties

Glycemic Index:147.09, Glycemic Load:2.22, Inflammation Score:-4, Nutrition Score:3.7156521554874%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 8.16mg, Quercetin: 8.16mg, Quercetin: 8.16mg, Quercetin: 8.16mg

Nutrients (% of daily need)

Calories: 43.88kcal (2.19%), Fat: 0.16g (0.25%), Saturated Fat: 0.06g (0.35%), Carbohydrates: 9.8g (3.27%), Net Carbohydrates: 8.6g (3.13%), Sugar: 5.6g (6.22%), Cholesterol: 0mg (0%), Sodium: 239.65mg (10.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.28g (2.57%), Vitamin K: 17.22µg (16.4%), Manganese: 0.15mg (7.48%), Vitamin C: 5.99mg (7.26%), Potassium: 222.59mg (6.36%), Magnesium: 23mg (5.75%), Vitamin B6: 0.1mg (5.12%), Fiber: 1.2g (4.81%), Folate: 16.47µg (4.12%), Phosphorus: 37.74mg (3.77%), Vitamin B5: 0.32mg (3.22%), Vitamin B1: 0.05mg (3.16%), Copper: 0.06mg (3.08%), Calcium: 28.24mg (2.82%), Vitamin B2: 0.05mg (2.8%), Iron: 0.41mg (2.27%), Vitamin A: 111.6IU (2.23%), Zinc: 0.28mg (1.9%), Selenium: 0.88µg (1.26%), Vitamin B3: 0.23mg (1.14%)