



Asian Cucumber Salad



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular

READY IN



80 min.

SERVINGS



6

CALORIES



112 kcal

SIDE DISH

Ingredients

- ☐ 2 cucumbers halved lengthwise seeded sliced
- ☐ 1 tablespoon ginger root fresh minced
- ☐ 1 tablespoon garlic minced
- ☐ 4 chile peppers fresh red sliced
- ☐ 0.5 cup rice vinegar
- ☐ 2 teaspoons salt
- ☐ 2 tablespoons sesame oil
- ☐ 1 tablespoon sesame seed

☐

0.3 cup sugar white

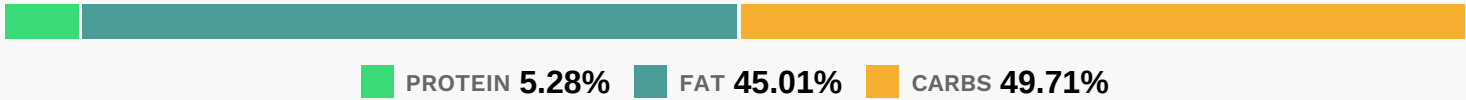
Equipment

- ☐ bowl
- ☐ whisk
- ☐ colander

Directions

- ☐ Put the cucumber slices in a colander and sprinkle with salt; set aside to drain for 1 hour.
- ☐ Whisk the vinegar and sugar together until the sugar is dissolved; add the sesame oil, garlic, ginger, and sesame seeds; stir.
- ☐ Rinse salt off the cucumber slices by running under cold water; place in a large bowl with the sliced red chile peppers.
- ☐ Drizzle the dressing over the vegetables and toss to coat.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:43.35, Glycemic Load:7.23, Inflammation Score:-5, Nutrition Score:7.0343477415002%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 111.72kcal (5.59%), Fat: 5.66g (8.71%), Saturated Fat: 0.78g (4.9%), Carbohydrates: 14.07g (4.69%), Net Carbohydrates: 12.71g (4.62%), Sugar: 11.33g (12.59%), Cholesterol: 0mg (0%), Sodium: 780.89mg (33.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.49g (2.99%), Vitamin C: 46.78mg (56.71%), Vitamin B6: 0.23mg (11.59%), Vitamin K: 12.06µg (11.48%), Manganese: 0.2mg (10.04%), Copper: 0.17mg (8.66%), Vitamin A: 357.84IU (7.16%), Potassium: 249.78mg (7.14%), Magnesium: 24.65mg (6.16%), Folate: 22.36µg (5.59%), Fiber: 1.36g (5.43%), Phosphorus: 45.57mg (4.56%), Vitamin B1: 0.07mg (4.41%), Iron: 0.77mg (4.28%), Calcium: 35.64mg (3.56%), Vitamin B2: 0.06mg (3.38%), Vitamin B5: 0.31mg (3.11%), Zinc: 0.38mg (2.5%), Vitamin B3: 0.49mg (2.44%), Vitamin

E: 0.31mg (2.07%), Selenium: 1.06μg (1.52%)