



Asian Cucumber Thai Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



80 min.

SERVINGS



4

CALORIES



165 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 pounds cucumbers halved seeded sliced
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 2 tablespoons mint leaves fresh chopped
- ☐ 0.5 teaspoon ground coriander
- ☐ 0.5 cup onion red finely chopped
- ☐ 0.5 teaspoon pepper flakes red crushed
- ☐ 0.3 cup roasted peanuts chopped
- ☐ 2 roma tomatoes chopped (plum)

- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup distilled vinegar white
- ☐ 0.3 cup sugar white

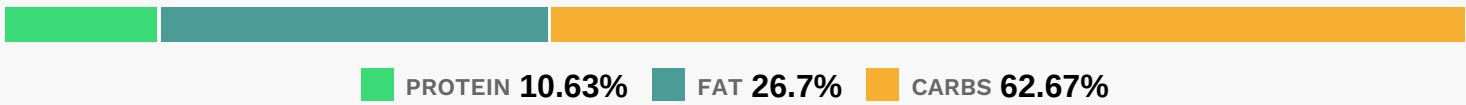
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Whisk together the vinegar, sugar, coriander, red pepper flakes, and salt in a salad bowl until the sugar is dissolved. Stir in the cucumbers, onion, tomatoes, cilantro, and chopped mint, and toss to coat with dressing. Cover and refrigerate for 1 hour to blend the flavors.
- ☐ Before serving, toss again with chopped peanuts, and garnish with sprigs of fresh mint.

Nutrition Facts



Properties

Glycemic Index:58.02, Glycemic Load:12.87, Inflammation Score:-6, Nutrition Score:9.173043422077%

Flavonoids

Eriodictyol: 0.77mg, Eriodictyol: 0.77mg, Eriodictyol: 0.77mg, Eriodictyol: 0.77mg Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 4.35mg, Quercetin: 4.35mg, Quercetin: 4.35mg, Quercetin: 4.35mg

Nutrients (% of daily need)

Calories: 164.87kcal (8.24%), Fat: 5.08g (7.81%), Saturated Fat: 0.75g (4.69%), Carbohydrates: 26.81g (8.94%), Net Carbohydrates: 23.31g (8.47%), Sugar: 21.45g (23.84%), Cholesterol: 0mg (0%), Sodium: 342.73mg (14.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.55g (9.1%), Manganese: 0.49mg (24.7%), Vitamin K: 19.74µg (18.8%), Vitamin C: 13.89mg (16.83%), Potassium: 506.05mg (14.46%), Fiber: 3.51g (14.04%), Folate: 54.74µg (13.69%), Copper: 0.26mg (13.19%), Magnesium: 51.42mg (12.86%), Vitamin A: 615.74IU (12.31%), Phosphorus: 100.72mg

(10.07%), Vitamin B6: 0.2mg (9.83%), Vitamin B3: 1.73mg (8.67%), Vitamin B1: 0.12mg (8.22%), Vitamin B5: 0.74mg (7.35%), Iron: 1.06mg (5.91%), Calcium: 59mg (5.9%), Vitamin B2: 0.09mg (5.23%), Zinc: 0.71mg (4.74%), Vitamin E: 0.34mg (2.27%), Selenium: 1.34µg (1.91%)