



Asian Cucumber-Zucchini Salad



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



15 min.

SERVINGS



5

CALORIES



31 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 tablespoon sesame seed
- ☐ 1 medium cucumber seedless
- ☐ 1 medium zucchini
- ☐ 2 tablespoons soya sauce
- ☐ 1 tablespoon rice vinegar
- ☐ 0.5 teaspoon sugar

Equipment

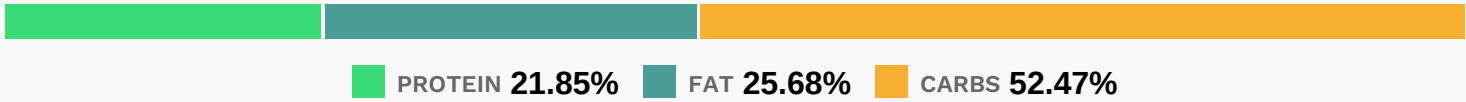
- ☐ bowl

☐ frying pan

Directions

- ☐ Spread sesame seed in 8-inch skillet; cook and stir over medium-low heat for about 5 minutes or until golden brown, stirring constantly.
- ☐ Remove seed from skillet; set aside.
- ☐ Quarter cucumber and zucchini lengthwise; cut into 1/2-inch thick slices.
- ☐ In small bowl, combine soy sauce, vinegar and sugar; mix well.
- ☐ Add cucumbers and zucchini; toss gently until well coated.
- ☐ Sprinkle with sesame seed.

Nutrition Facts



Properties

Glycemic Index:37.02, Glycemic Load:0.52, Inflammation Score:-3, Nutrition Score:4.146956504687%

Flavonoids

Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg

Nutrients (% of daily need)

Calories: 31.27kcal (1.56%), Fat: 0.99g (1.53%), Saturated Fat: 0.17g (1.05%), Carbohydrates: 4.57g (1.52%), Net Carbohydrates: 3.63g (1.32%), Sugar: 2.51g (2.79%), Cholesterol: 0mg (0%), Sodium: 406.77mg (17.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.9g (3.81%), Vitamin K: 11.53µg (10.98%), Vitamin C: 8.7mg (10.54%), Manganese: 0.19mg (9.69%), Potassium: 213.34mg (6.1%), Copper: 0.12mg (6.03%), Magnesium: 23.38mg (5.85%), Vitamin B6: 0.11mg (5.75%), Phosphorus: 48.85mg (4.88%), Vitamin B2: 0.07mg (4.21%), Folate: 16.46µg (4.11%), Iron: 0.72mg (3.99%), Fiber: 0.94g (3.75%), Vitamin B1: 0.05mg (3.38%), Calcium: 33.11mg (3.31%), Vitamin B3: 0.59mg (2.96%), Vitamin A: 141.54IU (2.83%), Zinc: 0.4mg (2.67%), Vitamin B5: 0.26mg (2.63%), Selenium: 0.88µg (1.26%)