



Brined Cucumber and Radish Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



67 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 teaspoon peppercorns black
- ☐ 1 lb kirby cucumbers
- ☐ 1 cup flat-leaf parsley leaves loosely packed
- ☐ 4 large garlic cloves crushed
- ☐ 3 tablespoons kosher salt
- ☐ 0.5 lb radishes trimmed quartered
- ☐ 1 teaspoon sugar
- ☐ 1 tablespoon vegetable oil

☐ 6 cups water

Equipment

☐ bowl

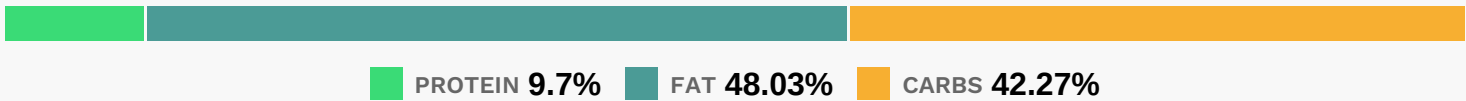
☐ pot

☐ colander

Directions

- ☐ Boil water, sugar, garlic, peppercorns, and 3 tablespoons salt in a 4-quart pot, uncovered, 10 minutes.
- ☐ While brine is boiling, halve cucumbers lengthwise and cut crosswise into 1/3-inch-thick slices.
- ☐ Remove brine from heat and add cucumbers and radishes.
- ☐ Let stand, uncovered, 10 minutes, then drain in a colander, discarding garlic and peppercorns.
- ☐ Transfer cucumbers and radishes to a bowl of ice and cold water to cool, then drain well in colander.
- ☐ Toss cucumbers and radishes with parsley, oil, and remaining 1/2 teaspoon salt in a large bowl and chill, uncovered, about 20 minutes.
- ☐ Salad can be prepared 1 day ahead and chilled, covered.

Nutrition Facts



Properties

Glycemic Index:52.77, Glycemic Load:1.73, Inflammation Score:-8, Nutrition Score:12.24086954801%

Flavonoids

Pelargonidin: 35.79mg, Pelargonidin: 35.79mg, Pelargonidin: 35.79mg, Pelargonidin: 35.79mg Apigenin: 32.32mg, Apigenin: 32.32mg, Apigenin: 32.32mg, Apigenin: 32.32mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg Myricetin: 2.27mg, Myricetin: 2.27mg, Myricetin: 2.27mg, Myricetin: 2.27mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 67.15kcal (3.36%), Fat: 3.78g (5.82%), Saturated Fat: 0.58g (3.61%), Carbohydrates: 7.49g (2.5%), Net Carbohydrates: 5.16g (1.88%), Sugar: 3.78g (4.2%), Cholesterol: 0mg (0%), Sodium: 5283.43mg (229.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.72g (3.44%), Vitamin K: 261.66µg (249.2%), Vitamin C: 32.91mg (39.89%), Vitamin A: 1350.99IU (27.02%), Folate: 52.99µg (13.25%), Manganese: 0.24mg (12.23%), Potassium: 386.21mg (11.03%), Copper: 0.2mg (10.24%), Fiber: 2.33g (9.31%), Iron: 1.5mg (8.31%), Magnesium: 31.68mg (7.92%), Vitamin B6: 0.15mg (7.48%), Calcium: 71.3mg (7.13%), Phosphorus: 48.88mg (4.89%), Vitamin B5: 0.45mg (4.47%), Vitamin B1: 0.06mg (4.08%), Vitamin B2: 0.07mg (4.07%), Zinc: 0.6mg (3.99%), Vitamin E: 0.43mg (2.87%), Vitamin B3: 0.41mg (2.03%), Selenium: 0.93µg (1.33%)