



Cook the Book: Cucumber and Turnip Salad with Yuzu

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



23 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 medium cucumber english
- 0.5 tablespoon juice of lime fresh
- 0.5 lime zest dried grated
- 1 teaspoon salt
- 2 small turnip

Equipment

- food processor

mandoline

Directions

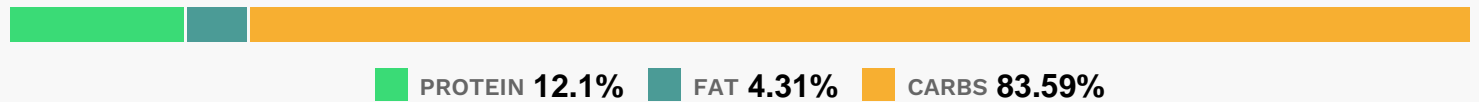
Cut the cucumber in half lengthwise. If there are a lot of seeds inside, scoop them out with a spoon. Slice thinly, using a vegetable slicer, food processor, or mandoline. Slice the turnips and cut the slices into pieces about the same size as the cucumber slices.

Massage the salt into the vegetables with your hands until the vegetables are limp. Squeeze well to expel excess moisture.

Add the yuzu peel and juice and mix well.

Let rest, covered, for a minimum of 20 minutes, overnight if possible.

Nutrition Facts



Properties

Glycemic Index:26.25, Glycemic Load:1.24, Inflammation Score:-2, Nutrition Score:3.1695652085802%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 3.77mg, Hesperetin: 3.77mg, Hesperetin: 3.77mg, Hesperetin: 3.77mg Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 22.77kcal (1.14%), Fat: 0.13g (0.2%), Saturated Fat: 0.03g (0.21%), Carbohydrates: 5.72g (1.91%), Net Carbohydrates: 4.55g (1.66%), Sugar: 2.58g (2.87%), Cholesterol: 0mg (0%), Sodium: 603.51mg (26.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.83g (1.66%), Vitamin C: 11.5mg (13.95%), Vitamin K: 12.39µg (11.8%), Manganese: 0.1mg (5.13%), Potassium: 179.36mg (5.12%), Fiber: 1.17g (4.66%), Magnesium: 13.77mg (3.44%), Copper: 0.06mg (3.15%), Vitamin B6: 0.06mg (3.09%), Phosphorus: 28mg (2.8%), Vitamin B5: 0.28mg (2.76%), Folate: 10.68µg (2.67%), Calcium: 24.54mg (2.45%), Vitamin B1: 0.04mg (2.36%), Vitamin B2: 0.04mg (2.11%), Iron: 0.36mg (1.99%), Vitamin A: 83.88IU (1.68%), Zinc: 0.24mg (1.63%), Vitamin B3: 0.21mg (1.07%)