



Cool Sesame Cucumbers

Vegetarian Vegan Gluten Free Dairy Free Low Fod Map

READY IN

ready

10 min.

SERVINGS

servings

8

CALORIES

calories

31 kcal

SIDE DISH

Ingredients

- ☐ 0.5 bunch mint leaves fresh
- ☐ 8 servings kosher salt
- ☐ 2 tablespoons soya sauce low sodium
- ☐ 2 regular english
- ☐ 1 tablespoon sesame oil toasted
- ☐ 1 teaspoon sesame seed toasted

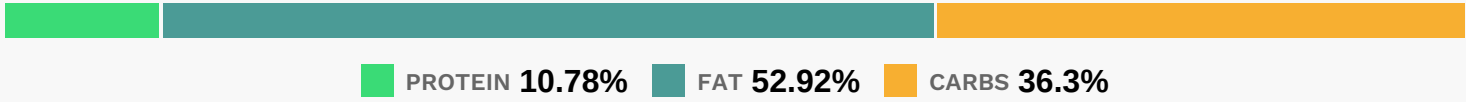
Equipment

- ☐ bowl

Directions

- ☐ Watch how to make this recipe.
- ☐ Slice the cucumber into thin rounds.
- ☐ Put them into a bowl and toss them with the soy sauce, sesame oil, sesame seeds, mint leaves and salt, to taste.

Nutrition Facts



Properties

Glycemic Index:4.38, Glycemic Load:0.01, Inflammation Score:-1, Nutrition Score:2.1843478148398%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 30.61kcal (1.53%), Fat: 1.97g (3.03%), Saturated Fat: 0.3g (1.85%), Carbohydrates: 3.04g (1.01%), Net Carbohydrates: 2.59g (0.94%), Sugar: 1.27g (1.41%), Cholesterol: 0mg (0%), Sodium: 339.39mg (14.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.9g (1.81%), Vitamin K: 12.54µg (11.94%), Manganese: 0.09mg (4.29%), Potassium: 126.96mg (3.63%), Magnesium: 13.59mg (3.4%), Phosphorus: 26.4mg (2.64%), Vitamin C: 2.18mg (2.64%), Copper: 0.04mg (2.19%), Vitamin B2: 0.04mg (2.1%), Vitamin B5: 0.21mg (2.08%), Vitamin B6: 0.04mg (1.93%), Folate: 7.54µg (1.88%), Fiber: 0.45g (1.81%), Vitamin A: 89.39IU (1.79%), Iron: 0.31mg (1.75%), Calcium: 16.36mg (1.64%), Vitamin B1: 0.02mg (1.6%), Zinc: 0.2mg (1.36%)