



Crunchy Cucumber Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



59 kcal

SIDE DISH

Ingredients

- 0.3 teaspoon chili flakes hot
- 2 pounds cucumbers english
- 3 tablespoons juice of lime fresh
- 1 cup thinly slivered onion red
- 0.5 cup rice vinegar
- 1 tablespoon sea salt
- 1 tablespoon asian sesame oil
- 1 tablespoon sesame seed toasted (see notes)

1.5 tablespoons sugar

Equipment

bowl

whisk

ziploc bags

colander

Directions

Peel cucumbers, if desired.

Cut in half lengthwise, and with a spoon, scoop out and discard seeds.

Cut cucumbers diagonally into 1/4-inch-thick slices.

Put cucumbers in a colander set over a large bowl and mix with salt.

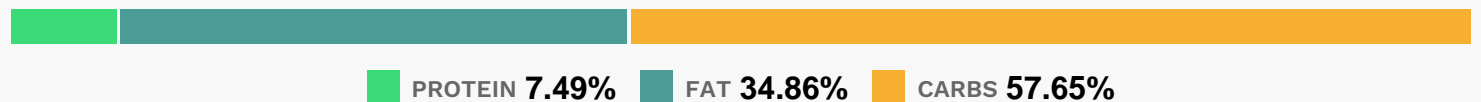
Place a weight over cucumbers (a 1-gal. zip-lock plastic bag filled with water works well). Cover and chill at least 1 hour or up to 4 hours. Discard liquid.

In a bowl, whisk vinegar, lime juice, sugar, sesame oil, and chili flakes until well blended.

Mix in drained cucumbers and the slivered onion.

Sprinkle salad with the toasted sesame seeds.

Nutrition Facts



Properties

Glycemic Index:22.76, Glycemic Load:2.03, Inflammation Score:-3, Nutrition Score:3.878695651241%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.5mg, Hesperetin: 0.5mg, Hesperetin: 0.5mg, Hesperetin: 0.5mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.13mg, Quercetin: 4.13mg, Quercetin: 4.13mg, Quercetin: 4.13mg

Nutrients (% of daily need)

Calories: 59.32kcal (2.97%), Fat: 2.41g (3.71%), Saturated Fat: 0.37g (2.32%), Carbohydrates: 8.97g (2.99%), Net Carbohydrates: 7.9g (2.87%), Sugar: 5.1g (5.66%), Cholesterol: 0mg (0%), Sodium: 876.71mg (38.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.17g (2.33%), Vitamin K: 19.02µg (18.11%), Vitamin C: 6.34mg (7.69%), Manganese: 0.15mg (7.66%), Potassium: 208.92mg (5.97%), Magnesium: 20.98mg (5.24%), Copper: 0.1mg (4.95%), Fiber: 1.07g (4.28%), Phosphorus: 40.92mg (4.09%), Vitamin B6: 0.08mg (4.04%), Calcium: 35.01mg (3.5%), Folate: 13.29µg (3.32%), Vitamin B1: 0.05mg (3.29%), Vitamin B5: 0.33mg (3.26%), Iron: 0.53mg (2.97%), Vitamin A: 140.9IU (2.82%), Vitamin B2: 0.05mg (2.77%), Zinc: 0.35mg (2.33%), Selenium: 0.9µg (1.28%)