



Crunchy radish & tomato salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



8

CALORIES



88 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 350 g tomatoes chopped
- ☐ 3 onion red finely chopped
- ☐ 1 cucumber diced deseeded
- ☐ 200 g radishes red quartered
- ☐ 3 tbsp vegetable oil
- ☐ 1 tsp mustard seeds
- ☐ 1 tsp dijon mustard
- ☐ 2 juice of lime

- ☐ 2 tsp sugar
- ☐ 1 to 5 chillies red deseeded finely chopped
- ☐ 1 handful mint leaves shredded

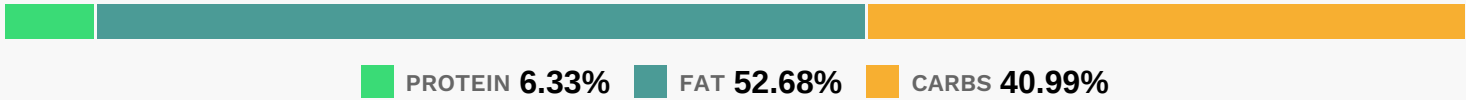
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ To make the dressing, heat the oil in a pan, then throw in the mustard seeds and cook until they start to pop. Tip the seeds into a bowl and allow to cool.
- ☐ Add the rest of the dressing ingredients to the bowl and whisk everything together.
- ☐ Add the tomatoes, onions, cucumber and radish to the dressing, stir to coat, then allow to stand at room temperature for 10 mins before serving.

Nutrition Facts



Properties

Glycemic Index:32.39, Glycemic Load:2.44, Inflammation Score:-6, Nutrition Score:5.9082607963811%

Flavonoids

Pelargonidin: 15.78mg, Pelargonidin: 15.78mg, Pelargonidin: 15.78mg, Pelargonidin: 15.78mg Eriodictyol: 0.32mg, Eriodictyol: 0.32mg, Eriodictyol: 0.32mg, Eriodictyol: 0.32mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 2.07mg, Isorhamnetin: 2.07mg, Isorhamnetin: 2.07mg, Isorhamnetin: 2.07mg Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 8.67mg, Quercetin: 8.67mg, Quercetin: 8.67mg, Quercetin: 8.67mg

Nutrients (% of daily need)

Calories: 88.13kcal (4.41%), Fat: 5.46g (8.41%), Saturated Fat: 0.83g (5.19%), Carbohydrates: 9.57g (3.19%), Net Carbohydrates: 7.46g (2.71%), Sugar: 5.38g (5.98%), Cholesterol: 0mg (0%), Sodium: 22.07mg (0.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.48g (2.95%), Vitamin C: 24.46mg (29.65%), Vitamin K: 16.88µg (16.08%), Vitamin A: 473.07IU (9.46%), Potassium: 305.7mg (8.73%), Manganese: 0.17mg (8.71%), Fiber: 2.1g (8.4%), Vitamin B6: 0.15mg (7.74%), Folate: 28.96µg (7.24%), Vitamin E: 0.74mg (4.95%), Magnesium: 19.46mg (4.86%), Copper: 0.09mg (4.7%), Phosphorus: 41.92mg (4.19%), Vitamin B1: 0.06mg (3.95%), Calcium: 29.48mg (2.95%), Vitamin B2: 0.05mg (2.77%), Iron: 0.5mg (2.76%), Vitamin B5: 0.25mg (2.47%), Vitamin B3: 0.49mg (2.45%), Zinc: 0.32mg (2.16%), Selenium: 1.17µg (1.67%)