



Cucumber and Radish Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



6

CALORIES



173 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.8 cup almonds sliced
- ☐ 1.5 pounds cucumber english cut into 1/2" pieces
- ☐ 2 cups parsley fresh whole coarsely chopped
- ☐ 6 servings pepper freshly ground
- ☐ 0.3 cup olive oil extra virgin extra-virgin
- ☐ 1 bunch radishes trimmed cut into thin wedges
- ☐ 0.3 cup red wine vinegar
- ☐ 1 small shallots finely chopped

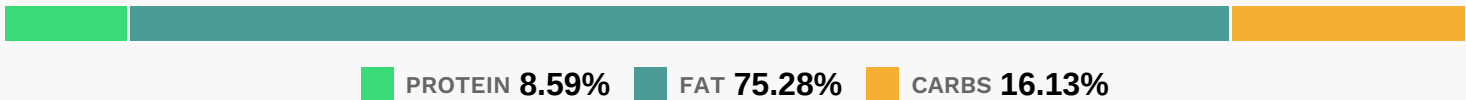
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat oven to 350°F.
- ☐ Spread almondsout on a rimmed baking sheet. Toast,tossing occasionally, until golden brown,8–10 minutes; let cool.
- ☐ Whisk shallot, oil, and vinegar in a largebowl; season with salt and pepper.
- ☐ Addcucumbers, radishes, parsley, and almonds;toss to coat. Season with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:25.17, Glycemic Load:0.78, Inflammation Score:-9, Nutrition Score:15.354347716207%

Flavonoids

Cyanidin: 0.28mg, Cyanidin: 0.28mg, Cyanidin: 0.28mg, Cyanidin: 0.28mg Pelargonidin: 5.26mg, Pelargonidin: 5.26mg, Pelargonidin: 5.26mg, Pelargonidin: 5.26mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 43.1mg, Apigenin: 43.1mg, Apigenin: 43.1mg, Apigenin: 43.1mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Isorhamnetin: 0.3mg, Isorhamnetin: 0.3mg, Isorhamnetin: 0.3mg, Isorhamnetin: 0.3mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Myricetin: 2.97mg, Myricetin: 2.97mg, Myricetin: 2.97mg, Myricetin: 2.97mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 173.43kcal (8.67%), Fat: 15.09g (23.22%), Saturated Fat: 1.72g (10.78%), Carbohydrates: 7.27g (2.42%), Net Carbohydrates: 4.09g (1.49%), Sugar: 2.72g (3.02%), Cholesterol: 0mg (0%), Sodium: 18.33mg (0.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.88g (7.75%), Vitamin K: 341.89µg (325.61%), Vitamin C: 31.85mg (38.6%),

Vitamin A: 1767.86IU (35.36%), Vitamin E: 4.43mg (29.51%), Manganese: 0.41mg (20.64%), Magnesium: 56.94mg (14.23%), Folate: 54.85µg (13.71%), Fiber: 3.18g (12.73%), Copper: 0.24mg (11.95%), Iron: 2.1mg (11.66%), Potassium: 387.95mg (11.08%), Vitamin B2: 0.18mg (10.78%), Phosphorus: 95.85mg (9.58%), Calcium: 79.17mg (7.92%), Vitamin B6: 0.11mg (5.61%), Zinc: 0.81mg (5.4%), Vitamin B1: 0.08mg (5.3%), Vitamin B5: 0.43mg (4.33%), Vitamin B3: 0.75mg (3.75%), Selenium: 0.71µg (1.01%)