



Cucumber and Radish Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



7

CALORIES



81 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 bay leaves
- ☐ 1 teaspoon coriander seeds
- ☐ 6 cups cucumber peeled
- ☐ 1 teaspoon fennel seeds
- ☐ 0.1 teaspoon turmeric
- ☐ 2 tablespoons olive oil
- ☐ 1 bunch radishes stemmed quartered
- ☐ 7 servings salt and pepper

- ☐ 1.5 cups rice vinegar
- ☐ 1 small onion thinly sliced
- ☐ 0.5 cup vinegar white
- ☐ 2 allspice whole

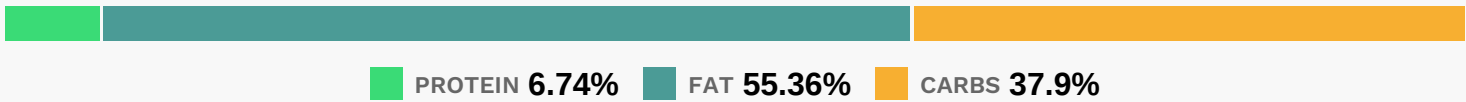
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ Bring first seven ingredients to a simmer in a small saucepan.
- ☐ Place radishes in a heatproof container; pour vinegar mixture over. Chill for at least 5 hours and up to 1 week.
- ☐ Before serving, add cucumber; let sit for 25–30 minutes.
- ☐ Transfer to a large bowl; stir in onion and olive oil. Season with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:23.86, Glycemic Load:0.31, Inflammation Score:-5, Nutrition Score:4.2447826447694%

Flavonoids

Pelargonidin: 4.51mg, Pelargonidin: 4.51mg, Pelargonidin: 4.51mg, Pelargonidin: 4.51mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg Myricetin: 0.54mg, Myricetin: 0.54mg, Myricetin: 0.54mg, Myricetin: 0.54mg Quercetin: 6.87mg, Quercetin: 6.87mg, Quercetin: 6.87mg, Quercetin: 6.87mg

Nutrients (% of daily need)

Calories: 80.51kcal (4.03%), Fat: 4.33g (6.66%), Saturated Fat: 0.58g (3.6%), Carbohydrates: 6.67g (2.22%), Net Carbohydrates: 5.08g (1.85%), Sugar: 4.11g (4.57%), Cholesterol: 0mg (0%), Sodium: 204.57mg (8.89%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 1.19g (2.37%), Vitamin K: 10.86µg (10.34%), Manganese: 0.19mg (9.68%), Vitamin C: 7.12mg (8.63%), Folate: 28.67µg (7.17%), Potassium: 239.23mg (6.84%), Fiber: 1.59g (6.36%), Vitamin B6:

0.13mg (6.35%), Copper: 0.12mg (6.09%), Magnesium: 21.55mg (5.39%), Phosphorus: 43.75mg (4.38%), Vitamin E: 0.62mg (4.14%), Vitamin B1: 0.06mg (3.83%), Calcium: 37.55mg (3.76%), Vitamin B5: 0.33mg (3.32%), Iron: 0.57mg (3.15%), Vitamin B2: 0.04mg (2.51%), Zinc: 0.31mg (2.06%), Vitamin A: 84.48IU (1.69%), Selenium: 0.84µg (1.19%)