



Cucumber Mignonette

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



32 kcal

SIDE DISH

Ingredients

- 0.1 teaspoon pepper black freshly ground
- 0.3 cup cucumber english
- 1 tablespoon granulated sugar
- 0.5 teaspoon kosher salt
- 0.8 cup rice vinegar
- 0.3 cup shallots finely chopped (from 1 medium shallot)
- 1 thai chile fresh minced stemmed

Equipment

bowl

Directions

- Combine the vinegar, sugar, and salt in a medium, nonreactive bowl and stir until the sugar and salt have dissolved.
- Add the cucumber, shallot, chile, and pepper and stir to combine.
- Let sit at least 15 minutes before serving. Store in the refrigerator in a container with a tightfitting lid for up to 1 day.

Nutrition Facts

 **PROTEIN 6.82%**  **FAT 1.24%**  **CARBS 91.94%**

Properties

Glycemic Index:45.52, Glycemic Load:2.71, Inflammation Score:-1, Nutrition Score:1.1730434803859%

Flavonoids

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: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 32.23kcal (1.61%), Fat: 0.04g (0.05%), Saturated Fat: 0.01g (0.04%), Carbohydrates: 5.84g (1.95%), Net Carbohydrates: 5.31g (1.93%), Sugar: 4.32g (4.8%), Cholesterol: 0mg (0%), Sodium: 293.64mg (12.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.43g (0.87%), Manganese: 0.09mg (4.26%), Vitamin C: 3.18mg (3.86%), Vitamin B6: 0.06mg (2.79%), Fiber: 0.53g (2.13%), Potassium: 63.4mg (1.81%), Folate: 5.67µg (1.42%), Vitamin K: 1.39µg (1.33%), Phosphorus: 12.79mg (1.28%), Iron: 0.23mg (1.27%), Magnesium: 4.73mg (1.18%), Copper: 0.02mg (1.06%)