



Cucumber Noodles



Vegetarian



Gluten Free



Low Fod Map

READY IN



25 min.

SERVINGS



4

CALORIES



80 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 3 cucumbers seedless peeled
- ☐ 2 tablespoons mint leaves fresh finely chopped
- ☐ 1 teaspoon juice of lemon fresh
- ☐ 0.5 teaspoon lemon zest fresh finely grated
- ☐ 0.5 teaspoon salt
- ☐ 2 tablespoons butter unsalted

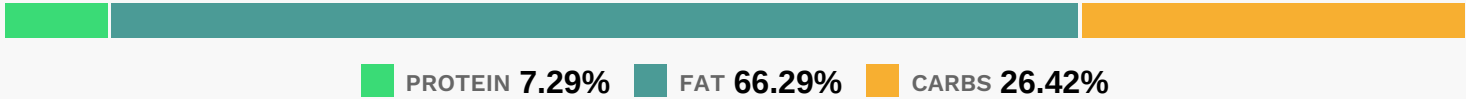
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot
- ☐ kitchen towels
- ☐ colander

Directions

- ☐ Adjust blade of slicer to 1/8-inch-thick setting. Using slicer, cut each cucumber lengthwise into long 1/8-inch-thick julienne strips, slicing until you reach core, then rotate cucumber a quarter turn and continue slicing and rotating until left with nothing but core. Blanch cucumber "noodles" in a 4-quart pot of boiling salted water 1 minute, then drain in a colander. Immerse colander with cucumbers in a large bowl of ice and cold water to stop cooking, about 2 minutes.
- ☐ Drain cucumbers, then transfer to a clean kitchen towel and pat cucumbers dry.
- ☐ Heat butter in a 10-inch heavy skillet over moderate heat until foam subsides, then cook cucumbers, mint, salt, pepper, zest, and lemon juice, tossing to coat, until just heated through, about 1 minute.

Nutrition Facts



Properties

Glycemic Index:11.75, Glycemic Load:0.51, Inflammation Score:-5, Nutrition Score:5.51565216999999%

Flavonoids

Eriodictyol: 0.83mg, Eriodictyol: 0.83mg, Eriodictyol: 0.83mg, Eriodictyol: 0.83mg Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg

Nutrients (% of daily need)

Calories: 79.65kcal (3.98%), Fat: 6.07g (9.34%), Saturated Fat: 3.63g (22.71%), Carbohydrates: 5.44g (1.81%), Net Carbohydrates: 3.61g (1.31%), Sugar: 3.15g (3.5%), Cholesterol: 15.05mg (5.02%), Sodium: 296.78mg (12.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.5g (3%), Vitamin K: 16.89µg (16.09%), Vitamin C: 8.8mg (10.67%), Manganese: 0.21mg (10.54%), Potassium: 325.31mg (9.29%), Vitamin A: 444.01IU (8.88%), Folate: 34.86µg

(8.72%), Copper: 0.17mg (8.57%), Magnesium: 29.47mg (7.37%), Fiber: 1.84g (7.35%), Vitamin B6: 0.12mg (5.98%), Vitamin B5: 0.56mg (5.6%), Phosphorus: 51.08mg (5.11%), Vitamin B1: 0.07mg (4.85%), Calcium: 40.4mg (4.04%), Vitamin B2: 0.07mg (3.88%), Iron: 0.64mg (3.56%), Zinc: 0.42mg (2.8%), Vitamin E: 0.23mg (1.56%)