



Cucumber, Pineapple, and Mint Salad



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



4

CALORIES



33 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 medium cucumber coarsely chopped
- ☐ 1 tablespoon fish sauce
- ☐ 3 tablespoons mint leaves fresh chopped
- ☐ 2 green onions thinly sliced
- ☐ 1 cup pineapple coarsely chopped
- ☐ 1 tablespoon seasoned rice vinegar

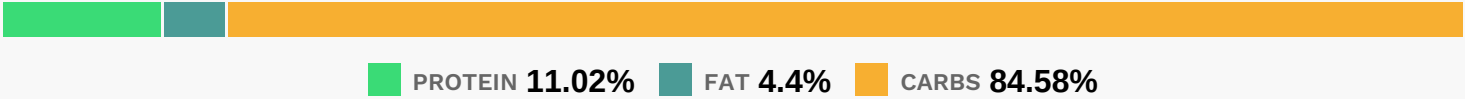
Equipment

- ☐ bowl

Directions

☐ Combine all ingredients in a medium bowl; toss well. Chill until ready to serve.

Nutrition Facts



Properties

Glycemic Index:38.92, Glycemic Load:3.03, Inflammation Score:-4, Nutrition Score:5.5486956705218%

Flavonoids

Eriodictyol: 1.16mg, Eriodictyol: 1.16mg, Eriodictyol: 1.16mg, Eriodictyol: 1.16mg Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg

Nutrients (% of daily need)

Calories: 33.49kcal (1.67%), Fat: 0.18g (0.27%), Saturated Fat: 0.02g (0.13%), Carbohydrates: 7.65g (2.55%), Net Carbohydrates: 6.27g (2.28%), Sugar: 5.06g (5.62%), Cholesterol: 0mg (0%), Sodium: 356.87mg (15.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1g (1.99%), Vitamin C: 23.67mg (28.69%), Manganese: 0.49mg (24.27%), Vitamin K: 16.33µg (15.55%), Folate: 24.87µg (6.22%), Magnesium: 23.09mg (5.77%), Vitamin A: 279.77IU (5.6%), Fiber: 1.39g (5.54%), Copper: 0.1mg (5.04%), Vitamin B6: 0.1mg (4.91%), Potassium: 164.24mg (4.69%), Vitamin B1: 0.06mg (3.67%), Iron: 0.55mg (3.03%), Calcium: 28mg (2.8%), Vitamin B2: 0.04mg (2.54%), Vitamin B5: 0.23mg (2.31%), Vitamin B3: 0.42mg (2.12%), Phosphorus: 19.28mg (1.93%), Zinc: 0.21mg (1.4%)