



Cucumber Ribbon Salad

 Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



144 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 cucumber
- 4 green onions sliced
- 1 pkg ramen noodle soup mix (any flavor)
- 6 cups torn romaine lettuce loosely packed
- 0.5 cup thousand island dressing kraft

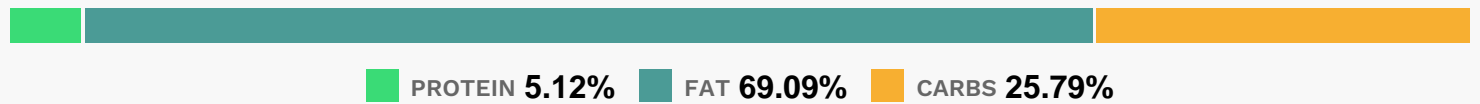
Equipment

- bowl
- peeler

Directions

- Trim ends off cucumber; cut lengthwise, then crosswise in half. Run spoon down centers to remove seeds. Use sharp vegetable peeler or other slicer to cut cucumbers into thin ribbons; place in large bowl of ice water. Refrigerate 30 min.
- Crumble Noodles into large bowl. Discard Seasoning Packet from soup mix or reserve for another use.
- Drain cucumbers.
- Add to noodles along with the lettuce and onions; mix lightly.
- Serve topped with dressing.

Nutrition Facts



Properties

Glycemic Index:23.5, Glycemic Load:0.42, Inflammation Score:-10, Nutrition Score:15.690000062808%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Quercetin: 2.83mg, Quercetin: 2.83mg, Quercetin: 2.83mg, Quercetin: 2.83mg

Nutrients (% of daily need)

Calories: 144.35kcal (7.22%), Fat: 11.36g (17.48%), Saturated Fat: 1.65g (10.32%), Carbohydrates: 9.54g (3.18%), Net Carbohydrates: 6.97g (2.53%), Sugar: 6.91g (7.67%), Cholesterol: 8.13mg (2.71%), Sodium: 314.77mg (13.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.9g (3.79%), Vitamin A: 6380.16IU (127.6%), Vitamin K: 124.11µg (118.2%), Vitamin B1: 0.53mg (35.55%), Folate: 114.34µg (28.59%), Fiber: 2.57g (10.29%), Manganese: 0.2mg (9.85%), Potassium: 343.14mg (9.8%), Vitamin E: 1.43mg (9.56%), Vitamin C: 7.48mg (9.06%), Iron: 1.41mg (7.81%), Magnesium: 23.83mg (5.96%), Vitamin B2: 0.09mg (5.55%), Phosphorus: 50.08mg (5.01%), Vitamin B6: 0.1mg (4.9%), Copper: 0.1mg (4.87%), Calcium: 47.79mg (4.78%), Vitamin B5: 0.29mg (2.9%), Zinc: 0.42mg (2.8%), Vitamin B3: 0.45mg (2.26%), Selenium: 0.92µg (1.32%)