



Cucumber Salad



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



73 kcal

SIDE DISH

Ingredients



2 tablespoons vinegar



12 oz cucumber english



6 servings bell pepper



1 teaspoon salt



6 servings salt



1 tablespoon sesame oil



1 tablespoons sesame seed toasted



2 tablespoons sugar

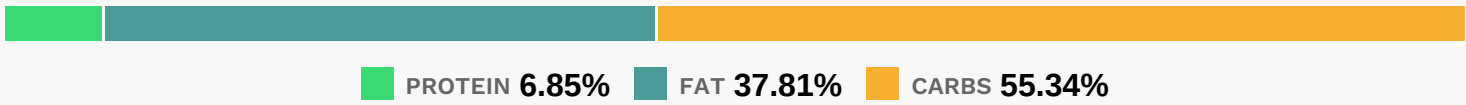
Equipment

☐ bowl

Directions

- ☐ Rinse, peel (if desired) and thinly slice 1 English cucumber (12 oz.). In a bowl, mix cucumber with 1 teaspoon salt.
- ☐ Let stand until cucumber is wilted, about 45 minutes. Rinse and drain; squeeze excess liquid from cucumber and return to rinsed bowl.
- ☐ Add 2 tablespoons white distilled vinegar, 1 tablespoon Asian sesame oil, 2 tablespoons sugar, and salt and pepper to taste.
- ☐ Serve at room temperature or cold.
- ☐ Shortly before serving, sprinkle salad with about 1 tablespoon toasted sesame seeds.

Nutrition Facts



Properties

Glycemic Index:31.18, Glycemic Load:3.78, Inflammation Score:-9, Nutrition Score:11.143913056539%

Flavonoids

Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 72.5kcal (3.63%), Fat: 3.29g (5.07%), Saturated Fat: 0.49g (3.06%), Carbohydrates: 10.85g (3.62%), Net Carbohydrates: 8.84g (3.22%), Sugar: 8.07g (8.97%), Cholesterol: 0mg (0%), Sodium: 585.78mg (25.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.34g (2.68%), Vitamin C: 96.95mg (117.51%), Vitamin A: 2392.25IU (47.84%), Vitamin K: 13.27µg (12.63%), Vitamin B6: 0.25mg (12.5%), Folate: 39.53µg (9.88%), Manganese: 0.17mg (8.28%), Vitamin E: 1.23mg (8.2%), Fiber: 2.01g (8.02%), Potassium: 247.09mg (7.06%), Magnesium: 21.06mg (5.26%), Vitamin B2: 0.09mg (5.06%), Copper: 0.09mg (4.57%), Vitamin B1: 0.07mg (4.41%), Vitamin B3: 0.85mg (4.23%), Phosphorus: 41.58mg (4.16%), Vitamin B5: 0.38mg (3.84%), Iron: 0.68mg (3.79%), Calcium: 28.01mg (2.8%), Zinc: 0.41mg (2.7%), Selenium: 0.76µg (1.08%)