

Cucumber Salad



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



37 kcal

SIDE DISH

Ingredients

- ☐ 2 cucumbers seedless thick halved lengthwise sliced
- ☐ 0.5 cup juice of lime fresh
- ☐ 2 tablespoons nam pla (Asian fish sauce; preferably Thai)
- ☐ 2 tablespoons sea emperor brands dried
- ☐ 2 tablespoons shallots thinly sliced
- ☐ 3 tablespoons sugar

Equipment

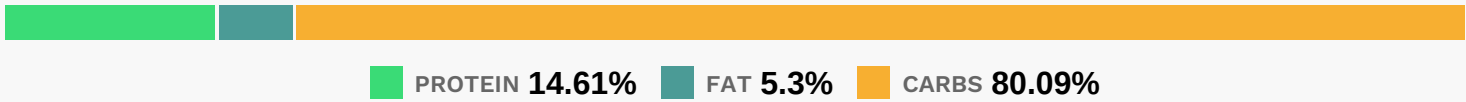
- ☐ bowl

☐ blender

Directions

- ☐ Finely grind shrimp (if using) in a blender until very fluffy, about 1 minute.
- ☐ Stir together lime juice, sugar, and fish sauce in a large bowl until sugar is dissolved, then add cucumber and shallot, tossing to coat.
- ☐ Serve salad sprinkled with dried shrimp.
- ☐ • Shrimp can be ground 1 day ahead and kept in an airtight container at room temperature. • Salad (without shrimp) can be made 1 hour ahead and chilled, covered.

Nutrition Facts



Properties

Glycemic Index:14.39, Glycemic Load:3.41, Inflammation Score:-2, Nutrition Score:2.7056521954744%

Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 37.07kcal (1.85%), Fat: 0.23g (0.36%), Saturated Fat: 0.03g (0.19%), Carbohydrates: 7.96g (2.65%), Net Carbohydrates: 7.29g (2.65%), Sugar: 6.14g (6.82%), Cholesterol: 2.96mg (0.99%), Sodium: 357.95mg (15.56%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 1.45g (2.9%), Vitamin C: 7.16mg (8.68%), Vitamin K: 5.51µg (5.25%), Magnesium: 20.09mg (5.02%), Potassium: 150.56mg (4.3%), Vitamin B6: 0.08mg (4.08%), Folate: 15.49µg (3.87%), Manganese: 0.08mg (3.8%), Copper: 0.06mg (3.16%), Selenium: 1.91µg (2.72%), Vitamin B12: 0.16µg (2.71%), Phosphorus: 27mg (2.7%), Fiber: 0.67g (2.66%), Vitamin B5: 0.24mg (2.39%), Vitamin B1: 0.03mg (2.18%), Calcium: 16.08mg (1.61%), Iron: 0.28mg (1.54%), Vitamin B2: 0.03mg (1.53%), Vitamin A: 65.53IU (1.31%), Vitamin B3: 0.24mg (1.18%), Zinc: 0.17mg (1.16%)