



Cucumber Salad with Tahini Dressing

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



68 kcal

SIDE DISH

Ingredients

- 1.5 pounds cucumber
- 1 Tbsp salt
- 3 Tbsp sesame seed
- 1 Tbsp juice of lemon
- 2 Tbsp water thick (depending on how your tahini is)
- 0.5 teaspoon garlic minced
- 4 servings lemon zest
- 0.3 cup onion red chopped

- 2 Tbsp mint leaves chopped
- 2 Tbsp basil chopped
- 2 Tbsp parsley chopped
- 4 servings salt and pepper black to taste

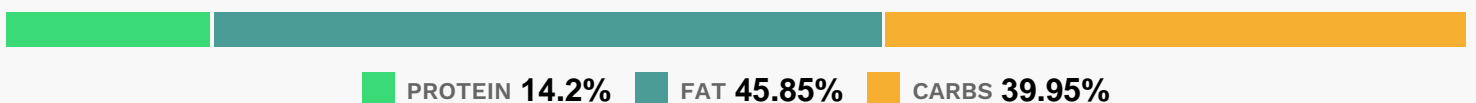
Equipment

- bowl
- paper towels
- colander

Directions

- Seed and slice the cucumbers: If the cucumber peels are thick or bitter, peel them. If not, leave them on. Slice the cucumbers lengthwise. Scoop out the seeds with a small spoon. Slice the cucumbers again lengthwise and then cut crosswise into 1/4-inch to 1/3-inch cuts.
- Toss with salt and let drain: Toss the seeded, diced cucumbers in a colander with the tablespoon of salt.
- Let drain in the sink while you chop everything else and make the dressing.
- Make the dressing: In a large bowl, mix the tahini, lemon juice and warm water until combined. Stir in the garlic, lemon zest and red onion.
- Rinse the cucumbers: Briefly rinse the cucumbers under cool water and pat them dry with paper towels in the colander.
- Add the cucumbers to the bowl with the dressing and gently toss to combine well.
- Add in the herbs.
- Add salt and black pepper to taste.
- Serve cool.

Nutrition Facts



Properties

Glycemic Index:52.25, Glycemic Load:1, Inflammation Score:-6, Nutrition Score:9.7582607787588%

Flavonoids

Eriodictyol: 0.43mg, Eriodictyol: 0.43mg, Eriodictyol: 0.43mg, Eriodictyol: 0.43mg Hesperetin: 0.62mg, Hesperetin: 0.62mg, Hesperetin: 0.62mg, Hesperetin: 0.62mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 4.14mg, Apigenin: 4.14mg, Apigenin: 4.14mg, Apigenin: 4.14mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 2.73mg, Quercetin: 2.73mg, Quercetin: 2.73mg, Quercetin: 2.73mg

Nutrients (% of daily need)

Calories: 67.87kcal (3.39%), Fat: 3.69g (5.68%), Saturated Fat: 0.5g (3.16%), Carbohydrates: 7.24g (2.41%), Net Carbohydrates: 4.81g (1.75%), Sugar: 3.07g (3.41%), Cholesterol: 0mg (0%), Sodium: 1944.5mg (84.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.57g (5.15%), Vitamin K: 56.54µg (53.85%), Copper: 0.42mg (21.18%), Manganese: 0.37mg (18.39%), Vitamin C: 11.6mg (14.07%), Magnesium: 49.52mg (12.38%), Calcium: 105.43mg (10.54%), Folate: 39.62µg (9.91%), Fiber: 2.43g (9.73%), Vitamin A: 483.91IU (9.68%), Iron: 1.67mg (9.28%), Potassium: 312.85mg (8.94%), Phosphorus: 86.39mg (8.64%), Vitamin B6: 0.17mg (8.52%), Vitamin B1: 0.12mg (7.83%), Zinc: 0.9mg (6.01%), Vitamin B5: 0.45mg (4.53%), Vitamin B2: 0.07mg (4.14%), Selenium: 2.63µg (3.76%), Vitamin B3: 0.46mg (2.28%)