

Cucumber Salsa



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



20

CALORIES



14 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 0.3 teaspoon ground pepper
- ☐ 2 cucumber peeled
- ☐ 3 cloves garlic minced peeled
- ☐ 5 spring onion rinsed thinly sliced (including green tops)
- ☐ 0.5 cup soy sauce reduced-sodium
- ☐ 6 oz onion red peeled chopped
- ☐ 2 roma tomatoes cored rinsed (8 oz. total)

☐ 3 tablespoons vinegar white

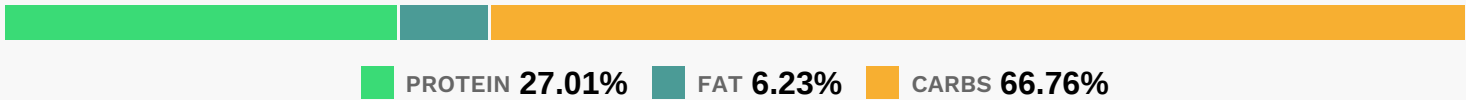
Equipment

☐ bowl

Directions

- ☐ Dice cucumbers and tomatoes into 1/4-inch cubes and combine in a bowl.
- ☐ Add red and green onions, garlic, soy sauce, vinegar, and black pepper and cayenne to taste.
- ☐ Mix well. Cover and chill at least 30 minutes.

Nutrition Facts



Properties

Glycemic Index:12.8, Glycemic Load:0.4, Inflammation Score:-2, Nutrition Score:1.9895651949489%

Flavonoids

Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.09mg, Quercetin: 2.09mg, Quercetin: 2.09mg, Quercetin: 2.09mg

Nutrients (% of daily need)

Calories: 14.02kcal (0.7%), Fat: 0.1g (0.16%), Saturated Fat: 0.01g (0.09%), Carbohydrates: 2.46g (0.82%), Net Carbohydrates: 1.88g (0.68%), Sugar: 1.05g (1.16%), Cholesterol: 0mg (0%), Sodium: 231.37mg (10.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.99g (1.99%), Vitamin K: 9µg (8.57%), Manganese: 0.09mg (4.37%), Vitamin C: 3.16mg (3.83%), Potassium: 101.65mg (2.9%), Folate: 11.52µg (2.88%), Magnesium: 10.39mg (2.6%), Vitamin B6: 0.05mg (2.44%), Fiber: 0.58g (2.32%), Phosphorus: 22.88mg (2.29%), Vitamin A: 114.04IU (2.28%), Copper: 0.04mg (1.81%), Vitamin B2: 0.03mg (1.73%), Vitamin B1: 0.02mg (1.38%), Iron: 0.25mg (1.37%), Calcium: 12.07mg (1.21%), Vitamin B5: 0.11mg (1.14%)