



Cucumber, Tomato, and Pineapple Salad with Asian Dressing

 **Gluten Free**  **Dairy Free**

READY IN



30 min.

SERVINGS



6

CALORIES



63 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 teaspoon fish sauce
- 0.5 cucumber seedless halved lengthwise thinly sliced (often plastic-wrapped)
- 0.5 cup cilantro leaves fresh coarsely chopped
- 0.3 cup mint leaves fresh coarsely chopped
- 1 large garlic clove
- 2 inch jalapeno fresh minced
- 2 tablespoons juice of lime fresh

- 0.3 teaspoon salt
- 1 tablespoon sugar
- 2 medium tomatoes cut into 1/2-inch-thick wedges (1 lb total)
- 2 tablespoons vegetable oil

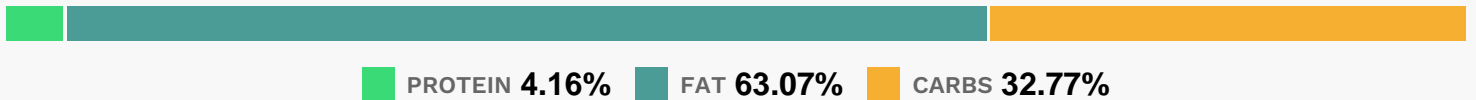
Equipment

- bowl
- knife
- whisk

Directions

- Mince garlic, then mash to a paste with salt using side of a large heavy knife.
- Whisk together lime juice and sugar in a large bowl until sugar is dissolved, then whisk in oil, garlic paste, chile, and fish sauce (to taste).
- Add remaining ingredients, tossing to coat, and add salt to taste.

Nutrition Facts



Properties

Glycemic Index:33.68, Glycemic Load:1.88, Inflammation Score:-4, Nutrition Score:3.6426086446837%

Flavonoids

Eriodictyol: 0.69mg, Eriodictyol: 0.69mg, Eriodictyol: 0.69mg, Eriodictyol: 0.69mg Hesperetin: 0.64mg, Hesperetin: 0.64mg, Hesperetin: 0.64mg, Hesperetin: 0.64mg Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg

Nutrients (% of daily need)

Calories: 62.85kcal (3.14%), Fat: 4.68g (7.2%), Saturated Fat: 0.72g (4.49%), Carbohydrates: 5.47g (1.82%), Net Carbohydrates: 4.61g (1.68%), Sugar: 3.64g (4.04%), Cholesterol: 0mg (0%), Sodium: 120.5mg (5.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.7g (1.39%), Vitamin K: 20µg (19.05%), Vitamin C: 9.93mg (12.04%), Vitamin

A: 549.11IU (10.98%), Manganese: 0.11mg (5.26%), Potassium: 162.27mg (4.64%), Vitamin E: 0.67mg (4.5%), Fiber: 0.86g (3.43%), Vitamin B6: 0.06mg (2.99%), Folate: 11.74µg (2.93%), Magnesium: 10.7mg (2.67%), Copper: 0.05mg (2.36%), Phosphorus: 19.55mg (1.96%), Vitamin B1: 0.03mg (1.8%), Iron: 0.32mg (1.77%), Vitamin B3: 0.34mg (1.71%), Calcium: 15.44mg (1.54%), Vitamin B2: 0.03mg (1.51%), Vitamin B5: 0.13mg (1.27%), Zinc: 0.16mg (1.06%)