



Cucumbers with Wasabi and Rice Vinegar



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



30 min.

SERVINGS



6

CALORIES



18 kcal

SIDE DISH

Ingredients

- ☐ 1 pound cucumber (5)
- ☐ 2 tablespoons rice vinegar (not seasoned)
- ☐ 0.3 teaspoon soya sauce
- ☐ 1 tablespoon sugar
- ☐ 0.5 teaspoon wasabi powder
- ☐ 0.5 teaspoon water

Equipment

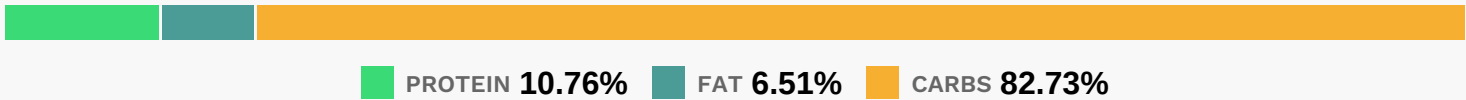
- ☐ bowl

- ☐ whisk
- ☐ colander

Directions

- ☐ Very thinly slice cucumbers crosswise with slicer; toss with 1 teaspoon salt and drain in a colander 15 minutes. Rinse cucumbers under cold water, then squeeze handfuls to remove excess water; pat dry.
- ☐ Stir together wasabi powder and water in a bowl and let stand 5 minutes.
- ☐ Add vinegar, sugar, and soy sauce, whisking until sugar has dissolved.
- ☐ Add cucumbers and toss well.
- ☐ • Cucumbers can be made 1 day ahead and chilled, covered.

Nutrition Facts



Properties

Glycemic Index:25.02, Glycemic Load:1.56, Inflammation Score:-1, Nutrition Score:1.5965217462052%

Nutrients (% of daily need)

Calories: 17.97kcal (0.9%), Fat: 0.13g (0.2%), Saturated Fat: 0.01g (0.06%), Carbohydrates: 3.66g (1.22%), Net Carbohydrates: 3.12g (1.14%), Sugar: 3.05g (3.38%), Cholesterol: 0mg (0%), Sodium: 15.64mg (0.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.48g (0.95%), Vitamin K: 5.44µg (5.18%), Manganese: 0.06mg (2.99%), Potassium: 103.96mg (2.97%), Vitamin C: 2.45mg (2.97%), Copper: 0.05mg (2.73%), Folate: 10.64µg (2.66%), Magnesium: 9.29mg (2.32%), Fiber: 0.54g (2.15%), Vitamin B6: 0.04mg (1.96%), Vitamin B5: 0.18mg (1.83%), Phosphorus: 16.48mg (1.65%), Vitamin B1: 0.02mg (1.58%), Vitamin B2: 0.02mg (1.16%), Calcium: 11.09mg (1.11%), Vitamin A: 54.46IU (1.09%)