Easy Cucumber Salad

Vegetarian Vegan Gluten Free Dairy Free Low Fod Map

READY IN	SERVINGS	CALORIES
5 min.	4	10 kcal

SIDE DISH

Ingredients

- [ ] 1 large to 2 cucumbers peeled sliced quartered (or 4 to 5 smaller cucumbers) (if using thick-skinned cucumbers)
- [ ] 1 tablespoons thai basil fresh chopped (see Recipe Note)
- [ ] 2 tablespoons seasoned rice vinegar
- [ ] 4 servings salt and pepper to taste

Equipment

- [ ] bowl

Directions

- [ ] Prep the cucumbers: If using thick-skinned cucumbers, peel them. Seed them if they are very seedy. There is a lot of flavor right around the seed, so if the cucumber's seeds are still small and tender, you can easily leave them in. Quarter the cucumbers lengthwise, then slice crosswise.

- [ ] Combine all ingredients in a bowl and toss to coat.

- [ ] Serve the salad: You can serve this immediately, or make ahead (up to a couple of hours) and chill. Did you enjoy this recipe?

- [ ] Let us know with a rating and review!

Nutrition Facts

PROTEIN 18.99%   **FAT 11.6%**   **CARBS 69.41%**
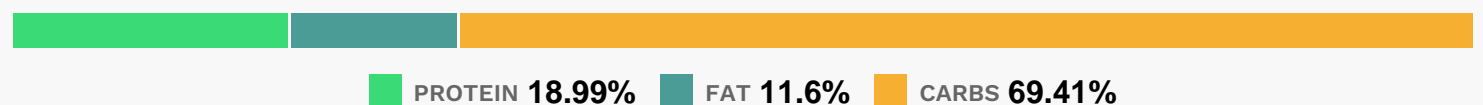
Properties

Glycemic Index:20, Glycemic Load:0.16, Inflammation Score:-1, Nutrition Score:1.4869565212208%

Flavonoids

Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 9.88kcal (0.49%), Fat: 0.11g (0.17%), Saturated Fat: 0.01g (0.06%), Carbohydrates: 1.52g (0.51%), Net Carbohydrates: 1.03g (0.37%), Sugar: 0.97g (1.08%), Cholesterol: 0mg (0%), Sodium: 195.41mg (8.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.42g (0.83%), Vitamin K: 5.04µg (4.8%), Manganese: 0.06mg (2.86%), Vitamin C: 2.33mg (2.82%), Potassium: 96.14mg (2.75%), Copper: 0.05mg (2.52%), Folate: 9.95µg (2.49%), Magnesium: 8.54mg (2.13%), Fiber: 0.49g (1.97%), Vitamin B6: 0.04mg (1.79%), Vitamin B5: 0.17mg (1.68%), Phosphorus: 15.09mg (1.51%), Vitamin B1: 0.02mg (1.45%), Vitamin A: 58.12IU (1.16%), Calcium: 10.61mg (1.06%), Vitamin B2: 0.02mg (1.05%)