



Easy Tangy Cucumber Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



70 min.

SERVINGS



4

CALORIES



56 kcal

SIDE DISH

Ingredients

- 2 cucumbers english seedless thinly sliced
- 0.5 teaspoon salt
- 1 teaspoon soya sauce
- 2 teaspoons vegetable oil
- 1 tablespoon sugar white
- 1 tablespoon vinegar white

Equipment

- bowl

whisk

Directions

Place cucumbers in a large bowl.

Whisk vinegar, sugar, oil, soy sauce, and salt together in a separate bowl; pour over cucumbers. Stir to coat. Refrigerate at least 1 hour to allow flavors to blend.

Nutrition Facts



Properties

Glycemic Index:33.77, Glycemic Load:2.11, Inflammation Score:-2, Nutrition Score:3.8934783002605%

Flavonoids

Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 55.56kcal (2.78%), Fat: 2.43g (3.73%), Saturated Fat: 0.4g (2.49%), Carbohydrates: 8.52g (2.84%), Net Carbohydrates: 7.76g (2.82%), Sugar: 5.53g (6.14%), Cholesterol: 0mg (0%), Sodium: 377.58mg (16.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.13g (2.27%), Vitamin K: 28.74µg (27.37%), Manganese: 0.13mg (6.45%), Potassium: 223.88mg (6.4%), Vitamin C: 4.2mg (5.09%), Magnesium: 20.15mg (5.04%), Vitamin B5: 0.39mg (3.94%), Phosphorus: 38.11mg (3.81%), Copper: 0.06mg (3.21%), Vitamin A: 157.5IU (3.15%), Vitamin B6: 0.06mg (3.15%), Vitamin B2: 0.05mg (3.08%), Fiber: 0.76g (3.05%), Vitamin B1: 0.04mg (2.76%), Folate: 10.77µg (2.69%), Iron: 0.46mg (2.56%), Calcium: 24.75mg (2.47%), Zinc: 0.31mg (2.05%), Vitamin E: 0.23mg (1.53%), Vitamin B3: 0.21mg (1.03%)