



Japanese Cucumber Salad (Sunomono)



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



60 min.

SERVINGS



8

CALORIES



101 kcal

SIDE DISH

Ingredients

- ☐ 5 cucumbers
- ☐ 0.5 cup juice of lemon
- ☐ 2 teaspoons salt
- ☐ 0.3 cup sesame seed toasted to taste
- ☐ 0.5 cup sugar white
- ☐ 1 tablespoon citrus champagne vinegar

Equipment

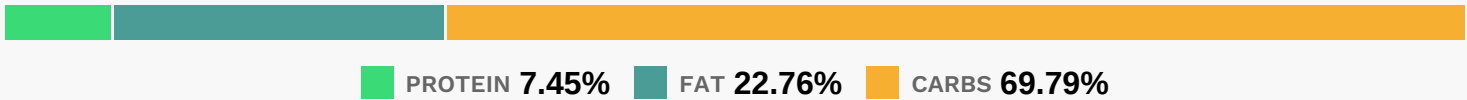
- ☐ bowl

☐ sieve

Directions

- ☐ Partially peel cucumbers lengthwise, leaving thin green stripes around the cucumber. Halve cucumbers lengthwise. Scoop seeds from cucumber halves with a spoon. Discard seeds. Slice cucumbers thinly and put in a bowl.
- ☐ Add salt to cucumber and mix with hand until cucumber is limp; set aside for 45 minutes.
- ☐ Transfer cucumbers to a strainer and squeeze as much liquid out as possible.
- ☐ Mix lemon juice, sugar, and vinegar together in a large bowl until the sugar dissolves.
- ☐ Add the drained cucumber and toss to coat. Spoon into small bowls and top each portion with toasted sesame seeds.

Nutrition Facts



Properties

Glycemic Index:15.01, Glycemic Load:9.33, Inflammation Score:-4, Nutrition Score:6.3395652097204%

Flavonoids

Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 101.2kcal (5.06%), Fat: 2.7g (4.16%), Saturated Fat: 0.36g (2.23%), Carbohydrates: 18.66g (6.22%), Net Carbohydrates: 16.75g (6.09%), Sugar: 15.46g (17.18%), Cholesterol: 0mg (0%), Sodium: 586.06mg (25.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.99g (3.98%), Copper: 0.33mg (16.42%), Vitamin C: 11.91mg (14.44%), Vitamin K: 13.5µg (12.86%), Manganese: 0.26mg (12.84%), Magnesium: 39.96mg (9.99%), Folate: 33.85µg (8.46%), Potassium: 293.75mg (8.39%), Fiber: 1.91g (7.65%), Calcium: 73.47mg (7.35%), Phosphorus: 70.23mg (7.02%), Vitamin B6: 0.14mg (6.98%), Vitamin B1: 0.1mg (6.59%), Iron: 1.13mg (6.26%), Vitamin B5: 0.47mg (4.72%), Zinc: 0.69mg (4.62%), Vitamin B2: 0.06mg (3.71%), Vitamin A: 136.34IU (2.73%), Selenium: 1.89µg (2.7%), Vitamin B3: 0.29mg (1.47%)