



Japanese Restaurant Cucumber Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



51 kcal

SIDE DISH

Ingredients

- 1 teaspoon chili paste depending on your taste pref (sambal oelek)
- 2 large cucumbers peeled seeded cut into 1/4-inch slices
- 2 tablespoons rice vinegar
- 4 servings salt to taste
- 1 teaspoon asian sesame oil toasted ()
- 2 tablespoons sugar white

Equipment

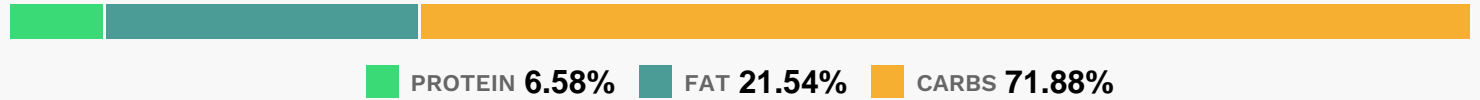
- bowl

whisk

Directions

- Whisk sugar, rice vinegar, sesame oil, chile paste, and salt together in a bowl.
- Add cucumbers and stir to coat. Allow salad to marinate for 30 minutes before serving at room temperature.

Nutrition Facts



Properties

Glycemic Index:33.77, Glycemic Load:4.5, Inflammation Score:-2, Nutrition Score:2.9756521543731%

Nutrients (% of daily need)

Calories: 51.48kcal (2.57%), Fat: 1.25g (1.92%), Saturated Fat: 0.16g (1%), Carbohydrates: 9.36g (3.12%), Net Carbohydrates: 8.38g (3.05%), Sugar: 8.04g (8.93%), Cholesterol: 0mg (0%), Sodium: 197.06mg (8.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.86g (1.71%), Vitamin K: 10.23µg (9.74%), Vitamin C: 4.68mg (5.67%), Potassium: 195.35mg (5.58%), Manganese: 0.11mg (5.37%), Copper: 0.1mg (5.1%), Folate: 19.73µg (4.93%), Magnesium: 17.03mg (4.26%), Fiber: 0.99g (3.95%), Vitamin B6: 0.07mg (3.67%), Vitamin B5: 0.34mg (3.36%), Phosphorus: 30.37mg (3.04%), Vitamin B1: 0.04mg (2.97%), Vitamin B2: 0.04mg (2.18%), Vitamin A: 103.29IU (2.07%), Calcium: 20.51mg (2.05%), Iron: 0.32mg (1.81%), Zinc: 0.24mg (1.61%)