



 **8%**
HEALTH SCORE

Kyuri Tsukemono

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



45 kcal

SIDE DISH

Ingredients

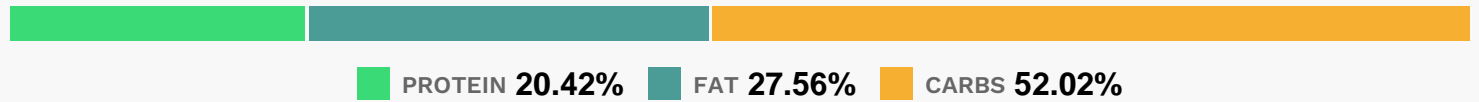
- 3 cucumber
- 2 tablespoons soya sauce
- 1 tablespoon rice vinegar
- 1 teaspoon sesame oil
- 4 servings chilies dried red

Equipment

Directions

- Rough chop cucumbers.
- In a medium, securely sealable container, combine soy sauce, rice vinegar, and sesame oil.
- Add cucumbers to the marinade, close container and shake.
- Refrigerate for 1 to 2 hours. Shake cucumbers periodically, or leave overnight to marinate. Note, the longer the cucumbers are left in the marinade the saltier they become. I've left them in the marinade for up to 3 days and the cucumbers were good.
- Serve and enjoy!

Nutrition Facts



Properties

Glycemic Index:20, Glycemic Load:0.56, Inflammation Score:-5, Nutrition Score:5.6978260869565%

Nutrients (% of daily need)

Calories: 45.2kcal (2.26%), Fat: 1.43g (2.2%), Saturated Fat: 0.18g (1.13%), Carbohydrates: 6.06g (2.02%), Net Carbohydrates: 4.13g (1.5%), Sugar: 3.67g (4.08%), Cholesterol: 0mg (0%), Sodium: 508.23mg (22.1%), Protein: 2.38g (4.76%), Vitamin K: 17.42µg (16.59%), Manganese: 0.22mg (10.98%), Potassium: 343.86mg (9.82%), Vitamin C: 7.51mg (9.11%), Copper: 0.17mg (8.72%), Vitamin A: 426.88IU (8.54%), Folate: 33.63µg (8.41%), Magnesium: 31.52mg (7.88%), Fiber: 1.93g (7.74%), Vitamin B6: 0.14mg (7.04%), Phosphorus: 60.7mg (6.07%), Vitamin B5: 0.58mg (5.83%), Vitamin B1: 0.08mg (5.06%), Vitamin B2: 0.08mg (4.82%), Iron: 0.77mg (4.28%), Calcium: 33.99mg (3.4%), Zinc: 0.43mg (2.88%), Vitamin B3: 0.53mg (2.63%)