



Melted Cucumbers



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



30 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients



1 tablespoon coarse salt



1.5 cups cucumber english thinly sliced



2 tablespoons sugar



2 tablespoons citrus champagne vinegar

Equipment



bowl

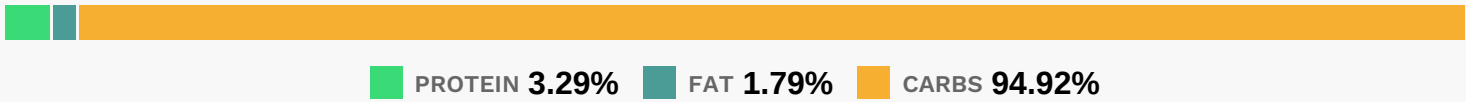


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Directions

- ☐
- In a bowl, combine cucumbers, salt, sugar, and vinegar. With your hands, gently crush cucumbers until limp; let stand at least 10 minutes.
- ☐
- Add 3 cups water, mix, and pour into a strainer, pressing gently to remove excess liquid; discard liquid.

Nutrition Facts



Properties

Glycemic Index:17.52, Glycemic Load:4.19, Inflammation Score:-1, Nutrition Score:0.98913043931774%

Flavonoids

Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 30.38kcal (1.52%), Fat: 0.06g (0.1%), Saturated Fat: 0.01g (0.09%), Carbohydrates: 7.41g (2.47%), Net Carbohydrates: 7.22g (2.62%), Sugar: 6.64g (7.38%), Cholesterol: 0mg (0%), Sodium: 1745.55mg (75.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.26g (0.51%), Vitamin K: 6.4µg (6.09%), Manganese: 0.04mg (1.95%), Potassium: 60.74mg (1.74%), Vitamin C: 1.13mg (1.37%), Magnesium: 5.41mg (1.35%), Vitamin B5: 0.1mg (1.01%)