



Pacific Rim Cucumber Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



70 min.

SERVINGS



6

CALORIES



57 kcal

SIDE DISH

Ingredients

- 1 bay leaf
- 4 japanese cucumbers peeled seeded sliced thin
- 2 cups daikon radish thinly sliced
- 0.3 cup chives fresh chopped
- 2 tablespoons cilantro leaves fresh chopped
- 1 tablespoon garlic minced
- 2 cups grape tomatoes halved
- 1 teaspoon ground pepper white

- 6 servings salt and ground pepper black to taste
- 1 tablespoon sea salt fine
- 0.3 cup seasoned rice vinegar
- 1 cup onion sweet thinly sliced maui® (such as)
- 1 teaspoon sugar white to taste

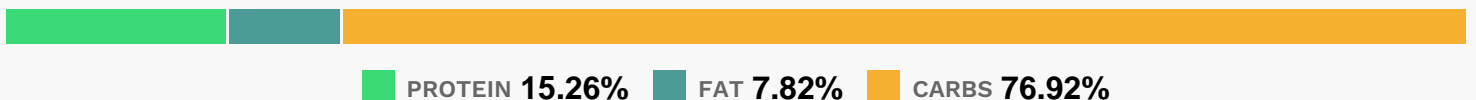
Equipment

- bowl
- paper towels
- sauce pan
- whisk

Directions

- Stir rice vinegar, sugar, and bay leaf together in a small saucepan over medium heat; bring to a boil.
- Whisk the boiling mixture until the sugar dissolves completely; remove from heat. Discard the bay leaf. Season with salt and pepper. Set aside to cool.
- Spread cucumber and radish slices onto a layer of paper towels.
- Sprinkle sea salt over the cucumber and radish slices. Set aside for 10 minutes. Rinse under cold running water and pat dry with paper towel.
- Toss cucumber, radish, sweet onion, tomatoes, chives, cilantro, garlic, and white pepper together in a large bowl.
- Drizzle rice vinegar dressing over the salad; toss to coat.

Nutrition Facts



Properties

Glycemic Index:57.35, Glycemic Load:1.87, Inflammation Score:-7, Nutrition Score:8.6217391387276%

Flavonoids

Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg Kaempferol: 0.65mg, Kaempferol: 0.65mg, Kaempferol: 0.65mg, Kaempferol: 0.65mg Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg Quercetin: 4.33mg, Quercetin: 4.33mg, Quercetin: 4.33mg, Quercetin: 4.33mg

Nutrients (% of daily need)

Calories: 56.72kcal (2.84%), Fat: 0.51g (0.79%), Saturated Fat: 0.06g (0.37%), Carbohydrates: 11.34g (3.78%), Net Carbohydrates: 8.3g (3.02%), Sugar: 7.09g (7.87%), Cholesterol: 0mg (0%), Sodium: 1180.07mg (51.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.25g (4.5%), Vitamin C: 24.49mg (29.68%), Vitamin K: 22.67µg (21.59%), Manganese: 0.3mg (15.2%), Potassium: 522.32mg (14.92%), Folate: 54.36µg (13.59%), Vitamin A: 641.24IU (12.82%), Copper: 0.24mg (12.18%), Fiber: 3.05g (12.18%), Vitamin B6: 0.21mg (10.71%), Magnesium: 39.75mg (9.94%), Phosphorus: 74.27mg (7.43%), Vitamin B1: 0.1mg (6.89%), Vitamin B5: 0.62mg (6.19%), Calcium: 55.61mg (5.56%), Iron: 0.93mg (5.15%), Vitamin B2: 0.08mg (4.52%), Zinc: 0.55mg (3.68%), Vitamin B3: 0.51mg (2.53%), Vitamin E: 0.34mg (2.28%), Selenium: 0.89µg (1.26%)