



Peanut Cucumber Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



73 kcal

SIDE DISH

Ingredients

- 3 cucumbers english ()
- 0.3 cup rice vinegar
- 0.5 cup roasted peanuts unsalted coarsely chopped
- 0.5 teaspoon salt
- 1 teaspoon sugar

Equipment

- bowl

Directions

- In a large bowl, combine vinegar, sugar, and 1/2 teaspoon salt.
- Peel cucumbers, if desired, and slice very thin.
- Add to dressing and mix to coat.
- Add more salt to taste and sprinkle with peanuts.

Nutrition Facts



Properties

Glycemic Index:15.01, Glycemic Load:0.35, Inflammation Score:-3, Nutrition Score:4.6573913298223%

Flavonoids

Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 73.07kcal (3.65%), Fat: 4.6g (7.08%), Saturated Fat: 0.73g (4.57%), Carbohydrates: 6.18g (2.06%), Net Carbohydrates: 4.8g (1.75%), Sugar: 2.38g (2.65%), Cholesterol: 0mg (0%), Sodium: 187.27mg (8.14%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 3.29g (6.57%), Vitamin K: 18.45µg (17.57%), Manganese: 0.31mg (15.43%), Magnesium: 30.04mg (7.51%), Vitamin B3: 1.47mg (7.36%), Potassium: 236.38mg (6.75%), Phosphorus: 62.63mg (6.26%), Fiber: 1.37g (5.5%), Copper: 0.11mg (5.35%), Folate: 19.37µg (4.84%), Vitamin B5: 0.42mg (4.18%), Vitamin B1: 0.06mg (3.95%), Vitamin C: 3.15mg (3.82%), Vitamin B6: 0.07mg (3.42%), Iron: 0.53mg (2.93%), Calcium: 27.7mg (2.77%), Zinc: 0.41mg (2.72%), Vitamin B2: 0.05mg (2.65%), Vitamin A: 118.13IU (2.36%), Selenium: 1.07µg (1.52%)