



WHATSheATE



## Pickled Cucumber and Daikon Salad



Gluten Free



Dairy Free

READY IN



90 min.

SERVINGS



4

CALORIES



77 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- ☐ 2 tablespoons brown sugar
- ☐ 2 carrots julienned
- ☐ 1 hothouse cucumber sliced
- ☐ 1 medium daikon radish peeled sliced in half lengthwise and sliced into thin half-moons, preferably on a mandoline
- ☐ 0.3 cup fish sauce
- ☐ 1 clove garlic smashed finely chopped
- ☐ 1 teaspoon ginger grated
- ☐ 0.8 cup rice wine vinegar

- ☐ 2 scallions sliced
- ☐ 1 tablespoon sambal oelek
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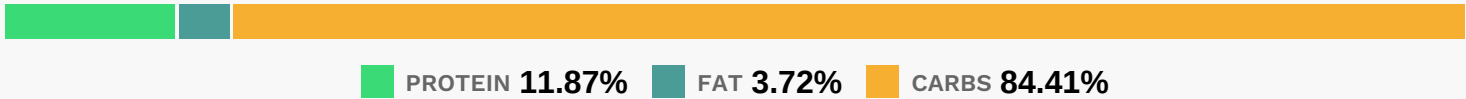
## Equipment

- ☐ bowl

## Directions

- ☐ In a large bowl combine the carrots, cucumbers and daikon.
- ☐ In a small jar or container with a lid, combine the rice wine vinegar, fish sauce, sugar, sambal, ginger and garlic. Shake well and let sit for at least 15 minutes to allow the sugar to dissolve and the flavors to marry.
- ☐ Toss the cucumber–daikon mixture with the vinaigrette and let sit outside the fridge for an hour before serving.
- ☐ Sprinkle with the scallions.

## Nutrition Facts



## Properties

Glycemic Index:55.21, Glycemic Load:1.99, Inflammation Score:-10, Nutrition Score:11.910434769548%

## Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg

## Nutrients (% of daily need)

Calories: 76.63kcal (3.83%), Fat: 0.3g (0.46%), Saturated Fat: 0.05g (0.31%), Carbohydrates: 15.22g (5.07%), Net Carbohydrates: 12.3g (4.47%), Sugar: 11.12g (12.35%), Cholesterol: 0mg (0%), Sodium: 1182.33mg (51.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.14g (4.28%), Vitamin A: 5210.96IU (104.22%), Vitamin C: 24.25mg (29.39%), Vitamin K: 22.11µg (21.06%), Magnesium: 54.18mg (13.54%), Potassium: 463.75mg (13.25%), Folate: 51.33µg (12.83%), Fiber: 2.91g (11.65%), Manganese: 0.22mg (10.88%), Vitamin B6: 0.19mg (9.64%), Copper: 0.19mg (9.27%), Calcium: 63.22mg (6.32%), Phosphorus: 52.56mg (5.26%), Iron: 0.87mg (4.83%), Vitamin B1: 0.07mg

(4.46%), Vitamin B3: 0.88mg (4.39%), Vitamin B5: 0.41mg (4.15%), Vitamin B2: 0.07mg (3.96%), Selenium: 2.47µg (3.53%), Zinc: 0.4mg (2.65%), Vitamin E: 0.26mg (1.72%), Vitamin B12: 0.07µg (1.16%)