



Pickled radish & cucumber salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



129 kcal

SIDE DISH

Ingredients



3 tbsp rice vinegar



1 tbsp sugar



3 tablespoon sesame oil toasted



2 spring onion finely sliced



1 large cucumber halved



300 g radishes sliced



1 small handful cilantro leaves

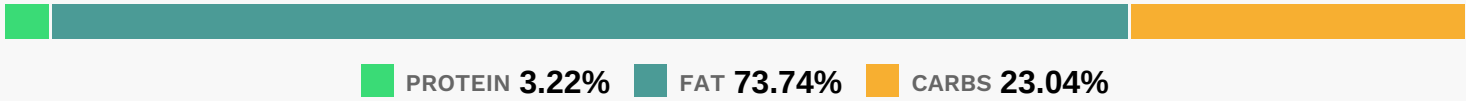
Equipment

☐ bowl

Directions

- ☐ In a large bowl mix together the rice vinegar, sugar, sesame oil and spring onion.
- ☐ Use a teaspoon to scrape out the cucumbers seeds, then slice into halfmoons.
- ☐ Mix into the dressing with the radishes and scatter with coriander.
- ☐ Serve.

Nutrition Facts



Properties

Glycemic Index:57.77, Glycemic Load:2.78, Inflammation Score:-4, Nutrition Score:4.854347900204%

Flavonoids

Pelargonidin: 47.35mg, Pelargonidin: 47.35mg, Pelargonidin: 47.35mg, Pelargonidin: 47.35mg Kaempferol: 0.73mg, Kaempferol: 0.73mg, Kaempferol: 0.73mg, Kaempferol: 0.73mg Quercetin: 1.17mg, Quercetin: 1.17mg, Quercetin: 1.17mg, Quercetin: 1.17mg

Nutrients (% of daily need)

Calories: 128.93kcal (6.45%), Fat: 10.71g (16.48%), Saturated Fat: 1.53g (9.54%), Carbohydrates: 7.53g (2.51%), Net Carbohydrates: 5.66g (2.06%), Sugar: 5.51g (6.12%), Cholesterol: 0mg (0%), Sodium: 32.32mg (1.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.05g (2.11%), Vitamin K: 22.96µg (21.87%), Vitamin C: 14.74mg (17.86%), Potassium: 292mg (8.34%), Folate: 33.01µg (8.25%), Fiber: 1.87g (7.5%), Manganese: 0.12mg (6.15%), Copper: 0.1mg (4.77%), Vitamin B6: 0.09mg (4.7%), Magnesium: 17.47mg (4.37%), Vitamin A: 182.95IU (3.66%), Calcium: 34.24mg (3.42%), Phosphorus: 32.85mg (3.28%), Vitamin B2: 0.05mg (3.16%), Vitamin B5: 0.3mg (3.02%), Iron: 0.52mg (2.89%), Zinc: 0.36mg (2.39%), Vitamin B1: 0.03mg (2.31%), Vitamin E: 0.23mg (1.51%), Vitamin B3: 0.26mg (1.29%)