



Pineapple, Cucumber, and Shiso Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



6

CALORIES



96 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 3 persian cucumbers quartered
- 1 slightly underripe pineapple cored peeled cut into long, slim wedges
- 3 tablespoons onion red finely chopped
- 8 small shiso leaves* or

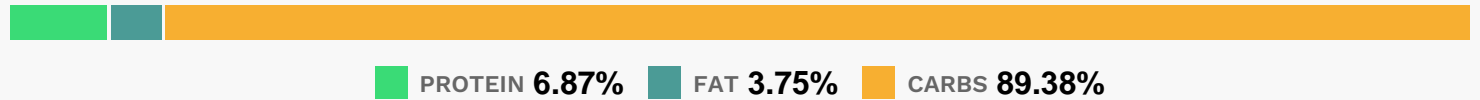
Equipment

- bowl

Directions

- Thinly slice pineapple and cucumbers crosswise. Stack shiso leaves, cut in half lengthwise, then thinly slice crosswise. Toss all ingredients together in a medium bowl.
- *Find shiso (also called perilla), an aromatic herb in the mint and basil family, at Asian markets and farmers' markets.

Nutrition Facts



Properties

Glycemic Index:22.11, Glycemic Load:10.79, Inflammation Score:-6, Nutrition Score:13.771304273087%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.64mg, Quercetin: 2.64mg, Quercetin: 2.64mg, Quercetin: 2.64mg

Nutrients (% of daily need)

Calories: 96.03kcal (4.8%), Fat: 0.44g (0.68%), Saturated Fat: 0.04g (0.22%), Carbohydrates: 23.56g (7.85%), Net Carbohydrates: 20.24g (7.36%), Sugar: 17.16g (19.07%), Cholesterol: 0mg (0%), Sodium: 5.93mg (0.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.81g (3.62%), Vitamin C: 77.99mg (94.53%), Manganese: 1.53mg (76.28%), Vitamin K: 20.14µg (19.18%), Copper: 0.28mg (14.02%), Fiber: 3.32g (13.29%), Vitamin B6: 0.26mg (12.77%), Folate: 50.75µg (12.69%), Vitamin B1: 0.17mg (11.32%), Potassium: 389.6mg (11.13%), Magnesium: 37.29mg (9.32%), Vitamin A: 375.53IU (7.51%), Vitamin B5: 0.7mg (7.03%), Vitamin B2: 0.09mg (5.38%), Phosphorus: 46.3mg (4.63%), Iron: 0.83mg (4.58%), Calcium: 43.54mg (4.35%), Vitamin B3: 0.85mg (4.23%), Zinc: 0.46mg (3.05%)