




 **9%**
HEALTH SCORE

Quick Pickled Cucumber Salad


 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN




45 min.

SERVINGS



4

CALORIES



30 kcal

SIDE DISH

Ingredients

- 2 large cucumber peeled thinly sliced
- 0.5 medium onion red thinly sliced
- 1 teaspoon sugar
- 0.3 cup rice vinegar
- 1 serving coarse mustard

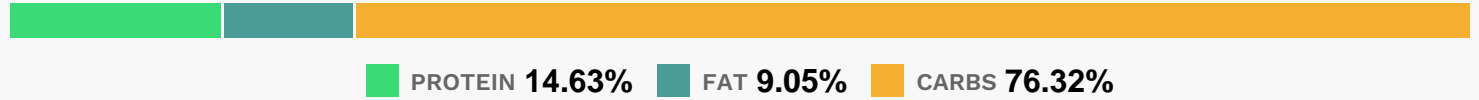
Equipment

- bowl

Directions

In a large bowl, combine cucumbers, red onion, sugar, and rice vinegar. Season with salt and pepper and toss to combine.

Nutrition Facts



Properties

Glycemic Index:48.52, Glycemic Load:1.3, Inflammation Score:-3, Nutrition Score:3.3578260968561%

Flavonoids

Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg

Nutrients (% of daily need)

Calories: 29.78kcal (1.49%), Fat: 0.28g (0.44%), Saturated Fat: 0.03g (0.17%), Carbohydrates: 5.38g (1.79%), Net Carbohydrates: 4.11g (1.49%), Sugar: 3.54g (3.93%), Cholesterol: 0mg (0%), Sodium: 17.43mg (0.76%), Alcohol: 0g (100%), Protein: 1.03g (2.06%), Vitamin K: 10.15µg (9.67%), Manganese: 0.13mg (6.7%), Vitamin C: 5.5mg (6.67%), Potassium: 212.69mg (6.08%), Folate: 22.3µg (5.57%), Copper: 0.11mg (5.34%), Fiber: 1.27g (5.07%), Magnesium: 18.93mg (4.73%), Vitamin B6: 0.09mg (4.44%), Vitamin B5: 0.36mg (3.57%), Phosphorus: 35.38mg (3.54%), Vitamin B1: 0.05mg (3.47%), Calcium: 24.52mg (2.45%), Vitamin B2: 0.04mg (2.34%), Vitamin A: 101.96IU (2.04%), Iron: 0.36mg (2.01%), Zinc: 0.27mg (1.81%), Selenium: 0.72µg (1.03%)