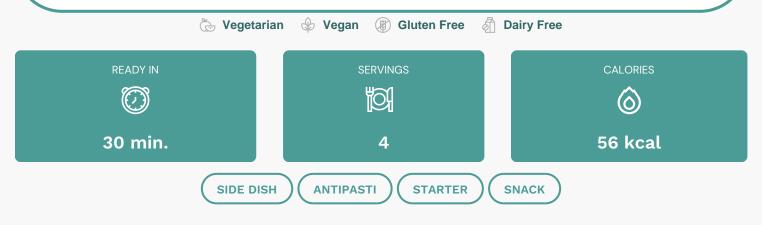


# Ripe's Cucumber Halloumi Salad with Licorice Notes



## Ingredients

i Cucumber english unpeeled halved lengthwise
2 teaspoons fennel seeds
0.3 cup tarragon fresh loosely packed chopped
0.5 medium garlic clove minced smashed
4 servings pepper black freshly ground
1 tablespoon olive oil extra virgin extra-virgin
2 teaspoons sherry vinegar

Equipment		
	bowl	
	frying pan	
	whisk	
Directions		
	In a small, dry nonstick skillet, toast the fennel seeds over medium heat, shaking the skillet a few times, until fragrant, 2 to 3 minutes.	
	Transfer to a small dish. Crank the heat to medium high, add the Halloumi, and brown on both sides, turning once, about 4 minutes total. Set aside to cool slightly.	
	Whisk the oil, vinegar, and garlic in a medium serving bowl. Season with salt and pepper.	
	Run a small spoon (a serrated grapefruit spoon works well) along the length of each cucumber half, making a tunnel and scraping out the seedless membrane. Slice the cucumber into 1/2-inch-thick half-moons.	
	Add to the vinaigrette along with the tarragon and toasted fennel seeds. Tear the cheese into irregular pieces and toss on top.	
	Toss gently to coat. Adjust seasonings to taste, and serve immediately.	
Nutrition Facts		
	PROTEIN 9.15% FAT 58.06% CARBS 32.79%	

### **Properties**

Glycemic Index:33, Glycemic Load:1, Inflammation Score:-3, Nutrition Score:4.6526087315186%

#### **Flavonoids**

Kaempferol: O.1mg, Kaempferol: O.1mg, Kaempferol: O.1mg, Kaempferol: O.1mg Myricetin: O.01mg, Myricetin: O.01mg, Myricetin: O.01mg, Myricetin: O.01mg, Quercetin: O.04mg, Quercetin: O.0

#### Nutrients (% of daily need)

Calories: 56.33kcal (2.82%), Fat: 3.97g (6.1%), Saturated Fat: 0.58g (3.61%), Carbohydrates: 5.04g (1.68%), Net Carbohydrates: 4g (1.45%), Sugar: 1.26g (1.4%), Cholesterol: Omg (0%), Sodium: 4.71mg (0.2%), Alcohol: Og (100%), Protein: 1.41g (2.81%), Manganese: 0.4mg (19.94%), Vitamin K: 14.58µg (13.88%), Iron: 1.47mg (8.18%), Potassium:

227.3mg (6.49%), Magnesium: 25.03mg (6.26%), Calcium: 61.57mg (6.16%), Vitamin B6: 0.12mg (5.82%), Vitamin C: 4.03mg (4.89%), Vitamin A: 214.56IU (4.29%), Vitamin B2: 0.07mg (4.21%), Fiber: 1.04g (4.17%), Vitamin E: 0.53mg (3.52%), Folate: 14.01µg (3.5%), Phosphorus: 33.78mg (3.38%), Copper: 0.07mg (3.29%), Vitamin B1: 0.03mg (2.21%), Zinc: 0.32mg (2.12%), Vitamin B3: 0.42mg (2.12%), Vitamin B5: 0.2mg (1.98%)