



## Ripe's Cucumber Halloumi Salad with Licorice Notes

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



56 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 1 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: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

## 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: 0mg (0%), Sodium: 4.71mg (0.2%), Alcohol: 0g (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%)