



Sesame Cucumber Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



5

CALORIES



30 kcal

SIDE DISH

Ingredients

- 1 cup bell pepper strips red
- 0.3 teaspoon pepper black
- 0.3 teaspoon pepper red crushed
- 1.8 cups julienne-cut cucumber english (2-inch) (1 large)
- 2 teaspoons sesame oil dark
- 2 teaspoons ginger fresh grated peeled
- 0.3 teaspoon kosher salt
- 2 tablespoons rice vinegar

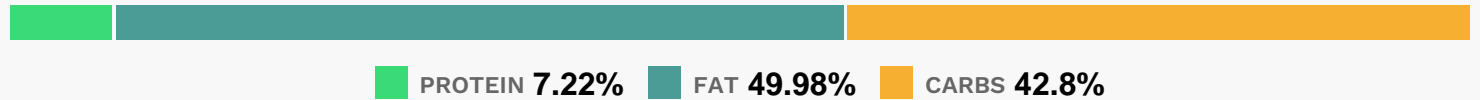
Equipment

- bowl
- whisk
- colander

Directions

- Place cucumber in a colander; sprinkle with salt. Toss well.
- Drain for 20 minutes.
- Combine cucumber and bell pepper in a medium bowl.
- Combine vinegar, ginger, and oil, stirring with a whisk.
- Pour over cucumber mixture; toss gently to coat. Stir in crushed red pepper and black pepper.

Nutrition Facts



Properties

Glycemic Index:25.8, Glycemic Load:0.41, Inflammation Score:-7, Nutrition Score:5.0404348308625%

Flavonoids

Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 29.68kcal (1.48%), Fat: 1.75g (2.7%), Saturated Fat: 0.26g (1.65%), Carbohydrates: 3.38g (1.13%), Net Carbohydrates: 2.49g (0.91%), Sugar: 1.88g (2.09%), Cholesterol: 0mg (0%), Sodium: 120.09mg (5.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.57g (1.14%), Vitamin C: 39.2mg (47.52%), Vitamin A: 1001.46IU (20.03%), Vitamin K: 7.92µg (7.54%), Vitamin B6: 0.1mg (5.25%), Manganese: 0.08mg (4.11%), Folate: 16.39µg (4.1%), Vitamin E: 0.55mg (3.64%), Fiber: 0.88g (3.54%), Potassium: 123.14mg (3.52%), Vitamin B2: 0.04mg (2.28%), Magnesium: 9.04mg (2.26%), Vitamin B5: 0.19mg (1.93%), Vitamin B1: 0.03mg (1.77%), Phosphorus: 17.47mg (1.75%), Vitamin B3: 0.35mg (1.73%), Iron: 0.26mg (1.47%), Copper: 0.02mg (1.23%), Zinc: 0.16mg (1.04%)