



Sesame Cucumber Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free  Popular  Low Fod Map

READY IN



7 min.

SERVINGS



2

CALORIES



75 kcal

SIDE DISH

Ingredients

- ☐ 2 medium cucumbers (1 lb total)
- ☐ 0.5 teaspoon salt
- ☐ 2 teaspoons sesame oil dark toasted ()
- ☐ 2 Tbsp seasoned rice vinegar
- ☐ 6 basil leaves thinly sliced
- ☐ 0.5 teaspoon chili flakes red
- ☐ 2 teaspoons sesame seed toasted

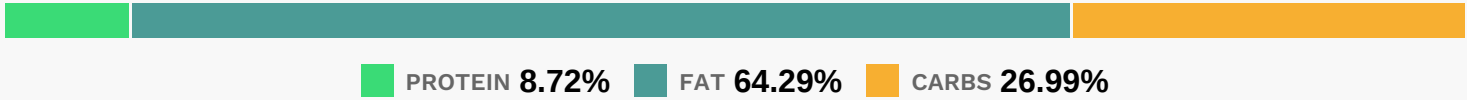
Equipment

☐ bowl

Directions

- ☐ Peel the cucumbers.
- ☐ Cut them into quarters, lengthwise. (If the seeds are bitter, scrape out the seeds and discard.)
- ☐ Cut the cucumbers again, crosswise, into 1/2-inch thick pieces.
- ☐ Place cucumbers into a serving bowl.
- ☐ Sprinkle with salt. Toss with sesame oil, seasoned rice vinegar, basil (if using), and chili flakes.
- ☐ Sprinkle with toasted sesame seeds if using.

Nutrition Facts



Properties

Glycemic Index:85, Glycemic Load:0.53, Inflammation Score:-4, Nutrition Score:5.83652178619222%

Nutrients (% of daily need)

Calories: 75.31kcal (3.77%), Fat: 5.39g (8.3%), Saturated Fat: 0.75g (4.66%), Carbohydrates: 5.1g (1.7%), Net Carbohydrates: 3.26g (1.19%), Sugar: 2.83g (3.14%), Cholesterol: 0mg (0%), Sodium: 594.16mg (25.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.65g (3.29%), Vitamin K: 20.52µg (19.55%), Copper: 0.24mg (11.77%), Manganese: 0.23mg (11.4%), Potassium: 296.43mg (8.47%), Magnesium: 32.82mg (8.2%), Vitamin C: 6.65mg (8.06%), Folate: 31.04µg (7.76%), Fiber: 1.84g (7.34%), Vitamin A: 356.45IU (7.13%), Vitamin B6: 0.13mg (6.53%), Phosphorus: 57.56mg (5.76%), Vitamin B1: 0.08mg (5.32%), Calcium: 52.67mg (5.27%), Vitamin B5: 0.49mg (4.9%), Iron: 0.87mg (4.82%), Vitamin B2: 0.06mg (3.58%), Zinc: 0.53mg (3.54%), Vitamin E: 0.32mg (2.14%), Selenium: 1.07µg (1.53%), Vitamin B3: 0.23mg (1.17%)