

What She Ate

Shieldzini

 **Vegetarian**  **Vegan**  **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN

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130 min.

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130 min.

SERVINGS

servings

8

servings

8

CALORIES

calories

38 kcal

calories

38 kcal

SIDE DISH

Ingredients

- ☐ 3 cucumbers
- ☐ 3 tablespoons rice wine vinegar
- ☐ 1 teaspoon salt
- ☐ 3 tablespoons soya sauce
- ☐ 1 tablespoon vegetable oil
- ☐ 2 teaspoons sugar white

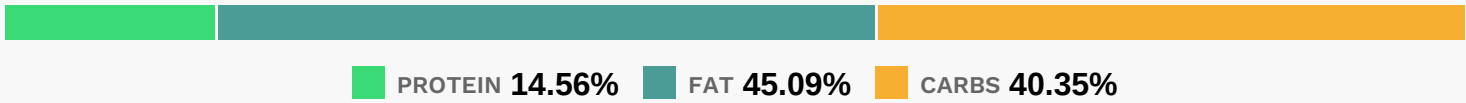
Equipment

- bowl

Directions

- ☐ Cut cucumbers lengthwise, scoop out seeds with a spoon, and slice cucumbers into bite-sized pieces.
- ☐ Transfer to a salad bowl.
- ☐ In a small bowl, mix together salt, oil, sugar, rice wine vinegar, and soy sauce.
- ☐ Pour over cucumbers, and gently toss. Refrigerate several hours before serving, tossing every now and then.

Nutrition Facts



Properties

Glycemic Index:18.76, Glycemic Load:0.99, Inflammation Score:-2, Nutrition Score:2.9021738728751%

Nutrients (% of daily need)

Calories: 37.51kcal (1.88%), Fat: 1.89g (2.91%), Saturated Fat: 0.27g (1.72%), Carbohydrates: 3.8g (1.27%), Net Carbohydrates: 2.96g (1.08%), Sugar: 2.67g (2.96%), Cholesterol: 0mg (0%), Sodium: 670.12mg (29.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.37g (2.75%), Vitamin K: 11.23µg (10.69%), Manganese: 0.12mg (5.99%), Potassium: 167.51mg (4.79%), Copper: 0.09mg (4.48%), Vitamin C: 3.6mg (4.36%), Folate: 16.97µg (4.24%), Magnesium: 16.27mg (4.07%), Vitamin B6: 0.07mg (3.54%), Fiber: 0.84g (3.37%), Phosphorus: 32.64mg (3.26%), Vitamin B5: 0.3mg (2.95%), Vitamin B1: 0.04mg (2.59%), Iron: 0.41mg (2.3%), Vitamin B2: 0.04mg (2.27%), Calcium: 17.65mg (1.77%), Vitamin A: 81IU (1.62%), Vitamin B3: 0.31mg (1.54%), Zinc: 0.22mg (1.48%), Vitamin E: 0.17mg (1.15%)