



Sliced Cucumber Salad



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



14 kcal

SIDE DISH

Ingredients

- ☐ 0.1 teaspoon pepper red crushed
- ☐ 2 cups cucumber english peeled thinly sliced
- ☐ 1 tablespoon chives fresh minced
- ☐ 2 teaspoons cilantro leaves fresh minced
- ☐ 2 tablespoons rice vinegar
- ☐ 0.1 teaspoon salt
- ☐ 1 teaspoon sugar

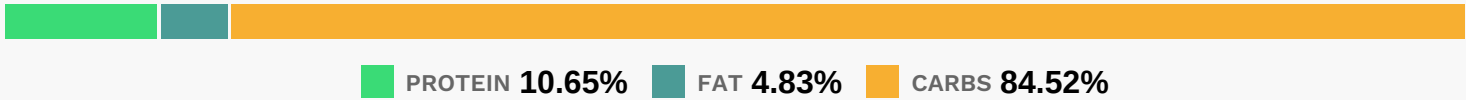
Equipment

☐ bowl

Directions

- ☐ Combine cucumber, chives, and cilantro in a medium bowl.
- ☐ Combine vinegar and remaining 3 ingredients in a small bowl, stirring until sugar dissolves.
- ☐ Pour vinegar mixture over cucumber mixture; stir gently.

Nutrition Facts



Properties

Glycemic Index:49.27, Glycemic Load:0.71, Inflammation Score:-1, Nutrition Score:1.4808695873489%

Flavonoids

Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 13.5kcal (0.68%), Fat: 0.08g (0.12%), Saturated Fat: 0.02g (0.14%), Carbohydrates: 2.95g (0.98%), Net Carbohydrates: 2.65g (0.96%), Sugar: 1.89g (2.1%), Cholesterol: 0mg (0%), Sodium: 74.95mg (3.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.37g (0.74%), Vitamin K: 10.35µg (9.85%), Manganese: 0.05mg (2.49%), Vitamin C: 1.91mg (2.31%), Potassium: 80.33mg (2.3%), Vitamin A: 109.15IU (2.18%), Magnesium: 7.26mg (1.82%), Vitamin B5: 0.14mg (1.38%), Phosphorus: 13.45mg (1.34%), Fiber: 0.3g (1.21%), Copper: 0.02mg (1.19%), Vitamin B6: 0.02mg (1.16%), Folate: 4.48µg (1.12%), Vitamin B2: 0.02mg (1.11%)