



Smacked cucumber pickles



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



8

CALORIES



54 kcal

SIDE DISH

Ingredients

- ☐ 2 large cucumber ends trimmed
- ☐ 1 tbsp garlic finely chopped
- ☐ 2 tbsp sugar
- ☐ 1 tbsp soy sauce light
- ☐ 2 tbsp rice vinegar black chinese
- ☐ 2 tbsp cooking oil

Equipment

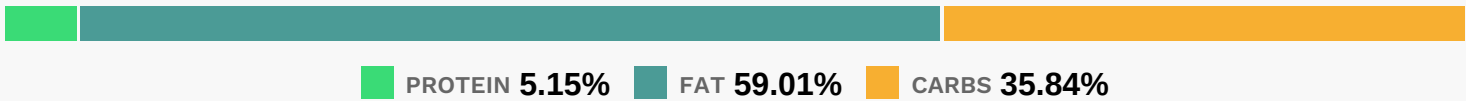
- ☐ bowl

- ☐ rolling pin
- ☐ cleaver

Directions

- ☐ Take a rolling pin or cleaver and smack the cucumbers so that they split, then chop into 2.5cm pieces. Put in a bowl with all the remaining ingredients and 1 tsp salt, and toss together.
- ☐ Serve alongside any of the other dishes.

Nutrition Facts



Properties

Glycemic Index:22.51, Glycemic Load:2.36, Inflammation Score:-1, Nutrition Score:2.0104347804318%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 54.4kcal (2.72%), Fat: 3.63g (5.58%), Saturated Fat: 0.27g (1.67%), Carbohydrates: 4.96g (1.65%), Net Carbohydrates: 4.43g (1.61%), Sugar: 4.01g (4.46%), Cholesterol: 0mg (0%), Sodium: 127.36mg (5.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.71g (1.43%), Vitamin K: 7.55µg (7.19%), Vitamin E: 0.63mg (4.23%), Manganese: 0.08mg (4.06%), Vitamin C: 2.55mg (3.09%), Potassium: 104.11mg (2.97%), Copper: 0.06mg (2.81%), Vitamin B6: 0.05mg (2.63%), Folate: 10.23µg (2.56%), Magnesium: 9.59mg (2.4%), Fiber: 0.53g (2.12%), Phosphorus: 19.3mg (1.93%), Vitamin B5: 0.18mg (1.82%), Vitamin B1: 0.03mg (1.67%), Vitamin B2: 0.02mg (1.33%), Iron: 0.23mg (1.26%), Calcium: 12.31mg (1.23%), Vitamin A: 50.49IU (1.01%)