



Spiced cucumber & coriander salad



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



15 min.

SERVINGS



4

CALORIES



160 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 chilli diced red deseeded finely
- ☐ 50 g pickled ginger with 1 tbsp juice sliced
- ☐ 2 lime zest
- ☐ 4 tbsp olive oil
- ☐ 1 cucumber
- ☐ 70 g baby leaf salad
- ☐ 1 small pack coriander roughly chopped
- ☐ 1 small pack mint roughly chopped

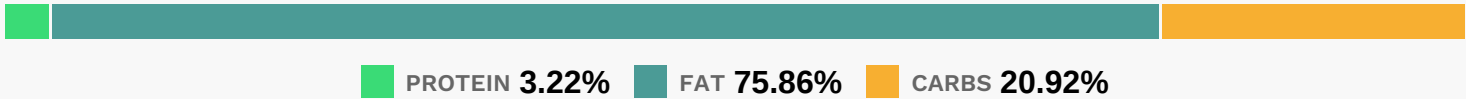
Equipment

- ☐ bowl
- ☐ peeler

Directions

- ☐ Combine the chilli, ginger and its juice, lime zest and juice, and olive oil in a large bowl. Use a vegetable peeler to peel the cucumber into ribbons, discarding the central seedy part. Toss through the chilli dressing along with the salad leaves, coriander and mint.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:34.75, Glycemic Load:1.66, Inflammation Score:-8, Nutrition Score:8.4908695350523%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 14.43mg, Hesperetin: 14.43mg, Hesperetin: 14.43mg, Hesperetin: 14.43mg Naringenin: 1.14mg, Naringenin: 1.14mg, Naringenin: 1.14mg, Naringenin: 1.14mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.13mg, Quercetin: 1.13mg, Quercetin: 1.13mg, Quercetin: 1.13mg

Nutrients (% of daily need)

Calories: 160.23kcal (8.01%), Fat: 14.36g (22.09%), Saturated Fat: 1.98g (12.4%), Carbohydrates: 8.91g (2.97%), Net Carbohydrates: 6.76g (2.46%), Sugar: 2.55g (2.83%), Cholesterol: 0mg (0%), Sodium: 10.3mg (0.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.37g (2.75%), Vitamin K: 39.22µg (37.35%), Vitamin C: 30.76mg (37.29%), Vitamin A: 1518.08IU (30.36%), Vitamin E: 2.27mg (15.16%), Fiber: 2.14g (8.57%), Manganese: 0.16mg (7.8%), Potassium: 262.39mg (7.5%), Vitamin B6: 0.15mg (7.32%), Copper: 0.12mg (6.24%), Folate: 24.39µg (6.1%), Magnesium: 21.58mg (5.39%), Iron: 0.81mg (4.49%), Vitamin B1: 0.06mg (3.82%), Phosphorus: 36.37mg (3.64%), Vitamin B5: 0.33mg (3.28%), Calcium: 32.51mg (3.25%), Vitamin B2: 0.05mg (3.23%), Vitamin B3: 0.4mg (2.02%), Zinc: 0.27mg (1.82%)