



Spiced Cucumbers and Coconut Milk



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



129 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 4 servings pepper black freshly ground
- ☐ 0.3 cup cilantro leaves fresh
- ☐ 1 garlic clove smashed
- ☐ 1.5 teaspoon honey
- ☐ 4 servings kosher salt
- ☐ 4 servings juice of lime fresh
- ☐ 4 spring onion thinly sliced
- ☐ 2 thai chile (red with seeds) thinly sliced

- ☐ 2 small tomatoes peeled seeded coarsely chopped
- ☐ 0.5 cup coconut milk unsweetened
- ☐ 1 tablespoon vegetable oil

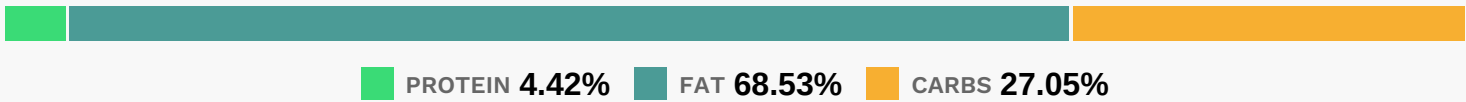
Equipment

- ☐ sauce pan

Directions

- ☐ Heat vegetable oil in a medium saucepan over medium heat.
- ☐ Add slices peeled lemon cucumber or any other cucumber. Sauté until beginning to soften, about 1 minute. Season with kosher salt and freshly ground black pepper.
- ☐ Add chopped small tomatoes, sliced scallions, sliced red thai chiles (with seeds), and smashed garlic clove. Sauté until vegetables are soft, 2–3 minutes.
- ☐ Add unsweetened coconut milk and honey; simmer until vegetables are cooked through, 2–3 minutes. Stir in fresh cilantro leaves and a squeeze of fresh lime juice. Season with salt and pepper.
- ☐ Serve with rice, if desired.

Nutrition Facts



Properties

Glycemic Index:54.07, Glycemic Load:1.86, Inflammation Score:-6, Nutrition Score:7.1408696226452%

Flavonoids

Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg Hesperetin: 2.69mg, Hesperetin: 2.69mg, Hesperetin: 2.69mg, Hesperetin: 2.69mg Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 2.46mg, Quercetin: 2.46mg, Quercetin: 2.46mg, Quercetin: 2.46mg

Nutrients (% of daily need)

Calories: 128.76kcal (6.44%), Fat: 10.69g (16.45%), Saturated Fat: 6.87g (42.94%), Carbohydrates: 9.49g (3.16%), Net Carbohydrates: 7.76g (2.82%), Sugar: 5.23g (5.82%), Cholesterol: 0mg (0%), Sodium: 203.9mg (8.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.55g (3.1%), Vitamin K: 38.39µg (36.56%), Vitamin C: 22.48mg (27.25%), Manganese: 0.39mg (19.35%), Vitamin A: 599.43IU (11.99%), Potassium: 271.01mg (7.74%), Fiber: 1.73g (6.94%), Copper: 0.13mg (6.71%), Folate: 23.36µg (5.84%), Magnesium: 21.96mg (5.49%), Phosphorus: 52.14mg (5.21%), Iron: 0.89mg (4.95%), Vitamin E: 0.74mg (4.92%), Vitamin B6: 0.08mg (4.05%), Vitamin B3: 0.64mg (3.19%), Selenium: 2.11µg (3.02%), Vitamin B1: 0.04mg (2.82%), Calcium: 25.21mg (2.52%), Zinc: 0.37mg (2.5%), Vitamin B2: 0.03mg (1.63%), Vitamin B5: 0.16mg (1.56%)