



Spicy Pasta Cucumber Salad



Vegetarian



Dairy Free

READY IN



20 min.

SERVINGS



6

CALORIES



224 kcal

SIDE DISH

Ingredients

- ☐ 1 teaspoon pepper red crushed
- ☐ 4 cups cucumber seeded thinly sliced
- ☐ 2 teaspoons sesame oil dark
- ☐ 1 cup green onions thinly sliced
- ☐ 1 tablespoon honey
- ☐ 9 ounce pasta fresh
- ☐ 2 tablespoons lower-sodium soy sauce white (soybean paste)
- ☐ 1 tablespoon rice vinegar

- ☐ 0.3 teaspoon salt
- ☐ 3 tablespoons sesame seed toasted
- ☐ 1 tablespoon water hot

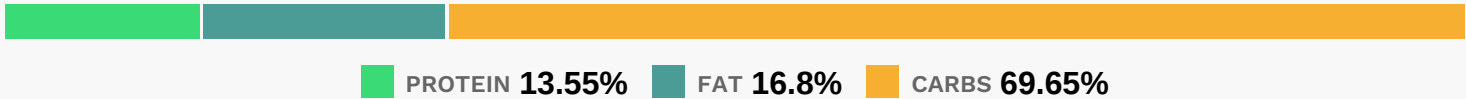
Equipment

- ☐ bowl

Directions

- ☐ Combine first 10 ingredients in a large bowl.
- ☐ Cut linguine into thirds; cook according to directions.
- ☐ Drain; rinse with cold water. Toss pasta with cucumber mixture.

Nutrition Facts



Properties

Glycemic Index:37.71, Glycemic Load:14.88, Inflammation Score:-5, Nutrition Score:11.274347833965%

Flavonoids

Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Quercetin: 1.78mg, Quercetin: 1.78mg, Quercetin: 1.78mg, Quercetin: 1.78mg

Nutrients (% of daily need)

Calories: 223.55kcal (11.18%), Fat: 4.2g (6.46%), Saturated Fat: 0.61g (3.83%), Carbohydrates: 39.18g (13.06%), Net Carbohydrates: 36.13g (13.14%), Sugar: 5.68g (6.32%), Cholesterol: 0mg (0%), Sodium: 302.11mg (13.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.62g (15.24%), Selenium: 28.58µg (40.82%), Vitamin K: 41.46µg (39.49%), Manganese: 0.61mg (30.63%), Copper: 0.37mg (18.54%), Phosphorus: 140.42mg (14.04%), Magnesium: 54.85mg (13.71%), Fiber: 3.05g (12.19%), Iron: 1.72mg (9.57%), Folate: 37.12µg (9.28%), Potassium: 307.3mg (8.78%), Vitamin B6: 0.16mg (8.19%), Zinc: 1.19mg (7.94%), Calcium: 75.55mg (7.55%), Vitamin B1: 0.11mg (7.3%), Vitamin C: 5.99mg (7.26%), Vitamin A: 329.2IU (6.58%), Vitamin B3: 1.13mg (5.64%), Vitamin B2: 0.09mg (5.19%), Vitamin B5: 0.43mg (4.33%), Vitamin E: 0.34mg (2.28%)