



Sweet-and-Sour Cucumber Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



56 kcal

SIDE DISH

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 3 tablespoons canola oil
- 1 teaspoon dijon mustard
- 1 cucumber english seeded thinly sliced into half-moons
- 2 tablespoons cilantro leaves fresh chopped
- 3 tablespoons rice wine vinegar
- 2 shallots minced
- 2 tablespoons sugar

0.3 teaspoon salt

Equipment

bowl

whisk

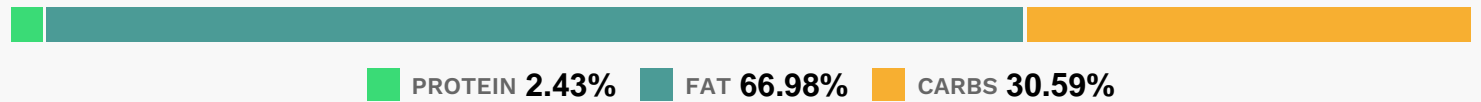
Directions

Whisk together vinegar, sugar, Dijon mustard, salt, and pepper in a bowl.

Add canola oil in a slow, steady stream, whisking constantly until well blended.

Add cucumber, shallots, and cilantro. Toss to coat. Cover and chill 15 minutes.

Nutrition Facts



Properties

Glycemic Index:24.61, Glycemic Load:1.89, Inflammation Score:-1, Nutrition Score:1.3960869584395%

Flavonoids

Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 55.78kcal (2.79%), Fat: 4.26g (6.56%), Saturated Fat: 0.32g (2.02%), Carbohydrates: 4.38g (1.46%), Net Carbohydrates: 4.04g (1.47%), Sugar: 3.3g (3.67%), Cholesterol: 0mg (0%), Sodium: 65mg (2.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.35g (0.7%), Vitamin K: 8.29µg (7.9%), Vitamin E: 0.75mg (5%), Manganese: 0.05mg (2.5%), Potassium: 62.79mg (1.79%), Vitamin C: 1.26mg (1.53%), Vitamin B6: 0.03mg (1.49%), Fiber: 0.35g (1.39%), Magnesium: 5.35mg (1.34%), Phosphorus: 11.05mg (1.1%)