



Sweet Cucumber and Radish Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



66 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 cup apple cider vinegar
- 1 pound cucumber
- 1 bunch radishes
- 1.5 tablespoons sugar
- 1 tablespoon vegetable oil

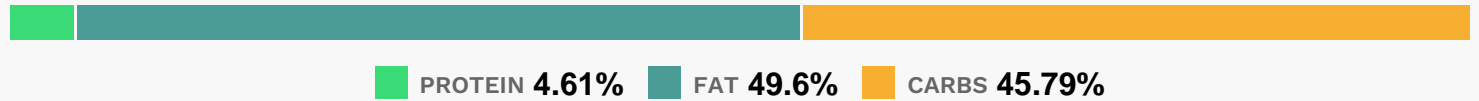
Equipment

- bowl
- sauce pan

Directions

- Peel cucumber, then halve lengthwise and slice crosswise 1/4 inch thick.
- Cut each radish lengthwise into 8 wedges.
- Bring vinegar, sugar, 1/4 teaspoon salt, and 1/8 teaspoon pepper to a boil in a small saucepan, stirring until sugar has dissolved, then stir in oil.
- Pour hot dressing over cucumbers and radishes in a bowl and stir, then let stand 10 minutes. Stir and season with salt before serving.
- Haggipavlu Nemea '04
- Salad can be made 4 hours ahead and chilled, covered.

Nutrition Facts



Properties

Glycemic Index:39.27, Glycemic Load:3.52, Inflammation Score:-2, Nutrition Score:3.1660869678725%

Flavonoids

Pelargonidin: 7.89mg, Pelargonidin: 7.89mg, Pelargonidin: 7.89mg, Pelargonidin: 7.89mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg

Nutrients (% of daily need)

Calories: 66.13kcal (3.31%), Fat: 3.61g (5.55%), Saturated Fat: 0.54g (3.36%), Carbohydrates: 7.5g (2.5%), Net Carbohydrates: 6.5g (2.36%), Sugar: 6.35g (7.05%), Cholesterol: 0mg (0%), Sodium: 7.93mg (0.34%), Alcohol: 0g (100%), Protein: 0.75g (1.51%), Vitamin K: 14.58µg (13.89%), Vitamin C: 5.48mg (6.64%), Manganese: 0.13mg (6.44%), Potassium: 194.34mg (5.55%), Folate: 19µg (4.75%), Copper: 0.09mg (4.41%), Fiber: 0.99g (3.98%), Magnesium: 15.6mg (3.9%), Vitamin B6: 0.07mg (3.34%), Vitamin B5: 0.29mg (2.93%), Phosphorus: 27.51mg (2.75%), Vitamin B1: 0.04mg (2.44%), Vitamin E: 0.31mg (2.08%), Calcium: 20.09mg (2.01%), Vitamin B2: 0.03mg (2%), Iron: 0.32mg (1.8%), Vitamin A: 82.52IU (1.65%), Zinc: 0.23mg (1.56%)