



WHATSheATE



Sweet-Hot Marinated Cucumbers



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



10 min.

SERVINGS



4

CALORIES



23 kcal

SIDE DISH

Ingredients



2 small cucumbers



1 Dash pepper dried red crushed



2 tablespoons red wine vinegar



0.1 teaspoon salt



1 tablespoon sugar

Equipment

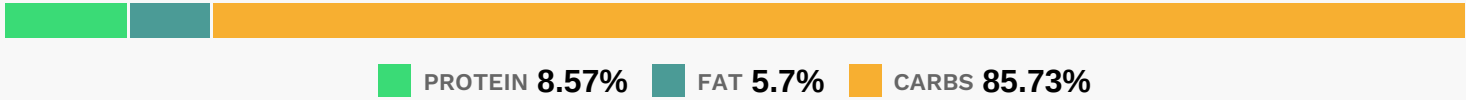


bowl

Directions

- ☐ Peel cucumbers, if desired; slice crosswise into 1/8-inch-thick slices.
- ☐ Place sugar and remaining 3 ingredients in a small bowl; stir well.
- ☐ Add cucumber slices. Cover and chill up to 1 hour. (The longer the cucumbers are chilled, the hotter their flavor.)

Nutrition Facts



Properties

Glycemic Index:21.27, Glycemic Load:2.27, Inflammation Score:-1, Nutrition Score:1.685652166605%

Nutrients (% of daily need)

Calories: 22.53kcal (1.13%), Fat: 0.14g (0.21%), Saturated Fat: 0.01g (0.07%), Carbohydrates: 4.73g (1.58%), Net Carbohydrates: 4.17g (1.51%), Sugar: 4.09g (4.54%), Cholesterol: 0mg (0%), Sodium: 75.29mg (3.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.47g (0.94%), Vitamin K: 5.71µg (5.44%), Potassium: 110.93mg (3.17%), Vitamin C: 2.57mg (3.11%), Manganese: 0.06mg (3.09%), Copper: 0.06mg (2.87%), Folate: 11.07µg (2.77%), Magnesium: 9.82mg (2.45%), Fiber: 0.56g (2.25%), Vitamin B6: 0.04mg (2.04%), Vitamin B5: 0.19mg (1.9%), Phosphorus: 17.26mg (1.73%), Vitamin B1: 0.02mg (1.64%), Vitamin A: 64.29IU (1.29%), Vitamin B2: 0.02mg (1.21%), Iron: 0.21mg (1.19%), Calcium: 11.67mg (1.17%)