



Thai Cucumber and Radish Salad



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



10 min.

SERVINGS



6

CALORIES



96 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients



1 pound daikon radish peeled thinly sliced



1 cucumber english seedless thinly sliced



20 basil leaves fresh



2 tablespoons oil light such as canola or safflower



1 bell pepper red seeded very thinly sliced



1 teaspoon pepper flakes red crushed



0.5 cup rice wine vinegar



3 tablespoons sugar

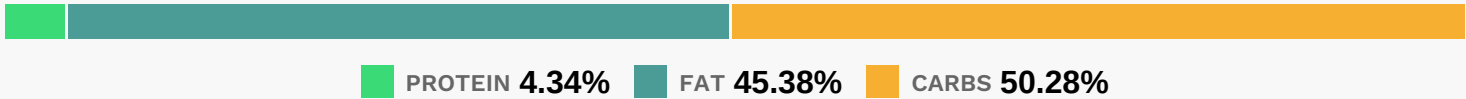
Equipment

☐ bowl

Directions

- ☐ In the bottom of a medium bowl, combine vinegar, sugar, oil.
- ☐ Add daikon, cucumber, bell pepper, pepper flakes. Toss and combine. Cover and chill until ready to serve.
- ☐ When ready to serve, tear basil into pieces and add to salad. Toss salad to incorporate basil and serve.

Nutrition Facts



Properties

Glycemic Index:42.35, Glycemic Load:5.06, Inflammation Score:-7, Nutrition Score:7.4047825647437%

Flavonoids

Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 95.69kcal (4.78%), Fat: 4.93g (7.59%), Saturated Fat: 0.41g (2.53%), Carbohydrates: 12.3g (4.1%), Net Carbohydrates: 10.28g (3.74%), Sugar: 9.58g (10.65%), Cholesterol: 0mg (0%), Sodium: 23.67mg (1.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.06g (2.12%), Vitamin C: 43.66mg (52.92%), Vitamin K: 18.61µg (17.73%), Vitamin A: 842.65IU (16.85%), Folate: 34.79µg (8.7%), Vitamin E: 1.28mg (8.55%), Potassium: 297.94mg (8.51%), Fiber: 2.01g (8.05%), Manganese: 0.12mg (6.17%), Vitamin B6: 0.12mg (6.08%), Copper: 0.12mg (6.05%), Magnesium: 22.54mg (5.63%), Phosphorus: 37.14mg (3.71%), Iron: 0.64mg (3.54%), Calcium: 34.6mg (3.46%), Vitamin B2: 0.05mg (3.16%), Vitamin B5: 0.3mg (3.02%), Vitamin B1: 0.04mg (2.71%), Vitamin B3: 0.45mg (2.23%), Zinc: 0.29mg (1.94%), Selenium: 0.91µg (1.3%)