


 **8%**  
HEALTH SCORE

# Thai Cucumber Salad (By Roz)

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN  
  
**45 min.**

SERVINGS  
  
**6**

CALORIES  
  
**179 kcal**

SIDE DISH

## Ingredients

- 1 tablespoon cilantro leaves chopped
- 2 cucumber cubed seeded sliced canned (you can also peel them if you like)
- 0.5 jalapeno seeded finely chopped
- 2 tablespoons juice of lime freshly squeezed
- 1 lime zest
- 0.3 cup onion white red chopped
- 6 servings pepper red
- 0.5 cup rice vinegar

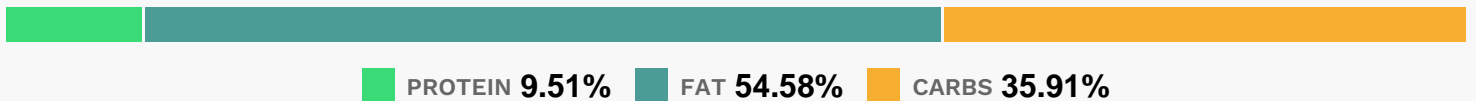
- 0.5 cup chop roasted peanuts unsalted dry finely
- 1 teaspoon salt
- 2 tablespoons sesame oil
- 1 tablespoon soya sauce
- 0.3 cup sugar
- 1 tablespoon thai chile
- 0.3 teaspoon pepper white

## Equipment

## Directions

- Blend all the dressing ingredients together.
- Mix in all of the chopped vegetables, herb, and peanuts (if you want the peanuts).
- Add more of any of the flavors that you prefer, which is the true Thai way.
- Garnish each plate with cilantro leaves and sliced limes.
- Serve with a patter of add-ins:Lime slices, red pepper flakes, chopped cilantro, chopped peanuts, Thai sweet chili sauce, sugar, salt, etc. for your guests to add more of their favorite flavors.

## Nutrition Facts



## Properties

Glycemic Index:45.52, Glycemic Load:6.49, Inflammation Score:-6, Nutrition Score:7.8960869565217%

## Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 5.25mg, Hesperetin: 5.25mg, Hesperetin: 5.25mg, Hesperetin: 5.25mg Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.88mg,

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## **Nutrients (% of daily need)**

Calories: 178.83kcal (8.94%), Fat: 11.4g (17.54%), Saturated Fat: 1.7g (10.61%), Carbohydrates: 16.88g (5.63%), Net Carbohydrates: 13.87g (5.04%), Sugar: 11.24g (12.49%), Cholesterol: 0mg (0%), Sodium: 642.55mg (27.94%), Protein: 4.47g (8.93%), Manganese: 0.42mg (20.83%), Vitamin C: 15.85mg (19.21%), Vitamin A: 719.35IU (14.39%), Fiber: 3.01g (12.04%), Vitamin B3: 2.26mg (11.32%), Vitamin E: 1.57mg (10.48%), Vitamin K: 10.85µg (10.33%), Magnesium: 41.27mg (10.32%), Vitamin B6: 0.18mg (9.19%), Potassium: 299.94mg (8.57%), Copper: 0.17mg (8.38%), Phosphorus: 83.38mg (8.34%), Folate: 30.82µg (7.7%), Iron: 0.98mg (5.44%), Vitamin B5: 0.49mg (4.88%), Vitamin B2: 0.08mg (4.86%), Vitamin B1: 0.07mg (4.48%), Zinc: 0.66mg (4.38%), Calcium: 36.82mg (3.68%), Selenium: 1.95µg (2.79%)