



Thai Cucumbers



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



37 kcal

SIDE DISH

Ingredients

- ☐ 1 carrots grated
- ☐ 1 fresno chile pepper seeded finely chopped
- ☐ 1 cucumber seedless peeled thinly sliced
- ☐ 0.3 cup mint leaves fresh
- ☐ 1 juice of lime
- ☐ 2 tablespoons rice vinegar
- ☐ 1 bunch scallion whites finely chopped
- ☐ 1 teaspoon sea salt fine

☐ 2 teaspoons caster sugar

Equipment

☐ bowl

☐ whisk

Directions

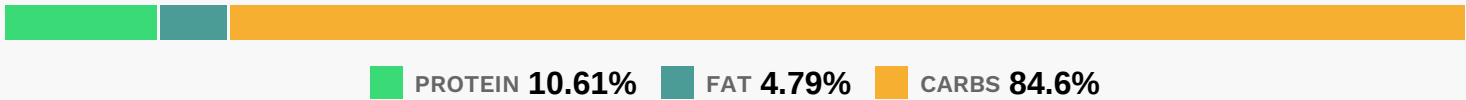
☐ Whisk together the vinegar, sugar, sea salt and lime juice in a bowl until the sugar and salt have dissolved.

☐ Add the carrots, cucumbers and scallions, and toss to combine.

☐ Transfer the mixture to a plastic food storage container and refrigerate until ready to serve.

☐ Add the mint and chile pepper just before serving, and toss to combine.;

Nutrition Facts



Properties

Glycemic Index:60.98, Glycemic Load:2.34, Inflammation Score:-9, Nutrition Score:7.7317392126374%

Flavonoids

Eriodictyol: 1.03mg, Eriodictyol: 1.03mg, Eriodictyol: 1.03mg, Eriodictyol: 1.03mg Hesperetin: 0.96mg, Hesperetin: 0.96mg, Hesperetin: 0.96mg, Hesperetin: 0.96mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg

Nutrients (% of daily need)

Calories: 36.91kcal (1.85%), Fat: 0.22g (0.34%), Saturated Fat: 0.05g (0.29%), Carbohydrates: 8.66g (2.89%), Net Carbohydrates: 7.28g (2.65%), Sugar: 4.84g (5.37%), Cholesterol: 0mg (0%), Sodium: 596.57mg (25.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.09g (2.17%), Vitamin A: 2916.56IU (58.33%), Vitamin C: 23.44mg (28.41%), Vitamin K: 28.35µg (27%), Manganese: 0.15mg (7.61%), Potassium: 236.93mg (6.77%), Vitamin B6: 0.12mg (5.91%), Fiber: 1.38g (5.53%), Folate: 18.53µg (4.63%), Magnesium: 18.31mg (4.58%), Copper: 0.07mg (3.47%), Iron: 0.62mg (3.44%), Phosphorus: 33.82mg (3.38%), Vitamin B2: 0.06mg (3.36%), Calcium: 31.67mg (3.17%), Vitamin B1: 0.05mg (3.06%), Vitamin B5: 0.28mg (2.82%), Vitamin B3: 0.45mg (2.27%), Zinc: 0.28mg (1.86%), Vitamin E:

0.25mg (1.67%)