

Thai-style Cucumber Salad

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



25 min.

SERVINGS



2

CALORIES



110 kcal

SIDE DISH

Ingredients

- 1.5 teaspoons brown sugar
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- 1 cucumber thinly sliced
- 1 teaspoon fish sauce
- 1 tablespoon cilantro leaves fresh chopped
- 0.8 teaspoon ginger fresh minced
- 1 tablespoon peanuts chopped
- 0.8 teaspoon pepper red

- 1 tablespoon rice vinegar
- 1 teaspoon sesame oil toasted
- 0.3 cup tamarind juice

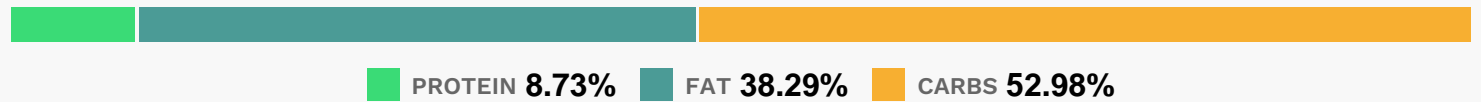
Equipment

- bowl
- whisk

Directions

- Whisk together the tamarind juice, cilantro, peanuts, rice vinegar, brown sugar, fish sauce, red pepper flakes, sesame oil, and ginger in a large bowl. Stir in the cucumber. Cover and refrigerate for 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:63.13, Glycemic Load:0.39, Inflammation Score:-4, Nutrition Score:5.6891304092563%

Flavonoids

Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 110.11kcal (5.51%), Fat: 4.87g (7.49%), Saturated Fat: 0.71g (4.41%), Carbohydrates: 15.16g (5.05%), Net Carbohydrates: 13.2g (4.8%), Sugar: 12.06g (13.39%), Cholesterol: 0mg (0%), Sodium: 256.13mg (11.14%), Alcohol: 0g (100%), Protein: 2.5g (5%), Manganese: 0.28mg (13.92%), Vitamin K: 12.52µg (11.92%), Magnesium: 36.02mg (9%), Folate: 35.32µg (8.83%), Vitamin C: 7.14mg (8.65%), Copper: 0.17mg (8.52%), Potassium: 285.23mg (8.15%), Fiber: 1.96g (7.85%), Vitamin A: 344.23IU (6.88%), Vitamin B6: 0.13mg (6.38%), Vitamin B1: 0.08mg (5.58%), Phosphorus: 54.9mg (5.49%), Iron: 0.97mg (5.37%), Vitamin B3: 1.04mg (5.22%), Vitamin B5: 0.48mg (4.81%), Calcium: 38.92mg (3.89%), Vitamin B2: 0.05mg (3.21%), Zinc: 0.41mg (2.74%), Vitamin E: 0.4mg (2.69%), Selenium: 1.05µg (1.51%)