



Yam Taeng (Spicy Cucumber Salad)



Gluten Free



Dairy Free



Low Fod Map

READY IN



15 min.

SERVINGS



4

CALORIES



183 kcal

SIDE DISH

Ingredients

- ☐ 5 cherry tomatoes halved
- ☐ 5 thai chilies sliced thin
- ☐ 3 cucumbers grated peeled seeded
- ☐ 3 tablespoons shrimp dried crushed
- ☐ 2 tablespoons fish sauce
- ☐ 1 juice of lime to taste
- ☐ 1 tablespoon coconut sugar
- ☐ 3 tablespoons roasted peanuts chopped

☐

0.7 pound long beans mashed sliced thin

Equipment

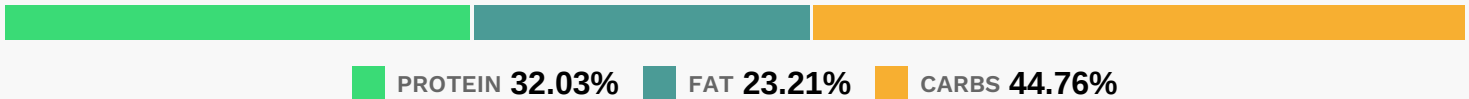
☐

bowl

Directions

- ☐
- Toss the cucumbers, dried shrimp, beans, and tomatoes together in a bowl.
- ☐
- Stir the Thai chilies, palm sugar, fish sauce, and lime juice together in a small bowl; pour over the cucumber mixture. Toss to combine. Adjust seasoning to your taste.
- ☐
- Sprinkle chopped peanuts over the mixture to serve.

Nutrition Facts



Properties

Glycemic Index:28.5, Glycemic Load:3.81, Inflammation Score:-9, Nutrition Score:18.419565356296%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 182.98kcal (9.15%), Fat: 5.06g (7.79%), Saturated Fat: 0.7g (4.39%), Carbohydrates: 21.97g (7.32%), Net Carbohydrates: 18.7g (6.8%), Sugar: 9.11g (10.12%), Cholesterol: 126.43mg (42.14%), Sodium: 1150.55mg (50.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.71g (31.43%), Vitamin C: 109.38mg (132.59%), Manganese: 0.65mg (32.28%), Vitamin A: 1460.17IU (29.2%), Folate: 108.86µg (27.22%), Magnesium: 104.06mg (26.02%), Vitamin B6: 0.49mg (24.6%), Vitamin K: 24.72µg (23.54%), Potassium: 807.78mg (23.08%), Copper: 0.34mg (17.03%), Phosphorus: 152.7mg (15.27%), Vitamin B1: 0.23mg (15.03%), Iron: 2.62mg (14.56%), Calcium: 136.29mg (13.63%), Fiber: 3.27g (13.06%), Vitamin B3: 2.54mg (12.72%), Vitamin B2: 0.21mg (12.06%), Vitamin B5: 0.85mg (8.46%), Zinc: 1.01mg (6.75%), Selenium: 3.14µg (4.48%), Vitamin E: 0.59mg (3.94%)