



## Zippy Cucumber Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



85 min.

SERVINGS



12

CALORIES



24 kcal

SIDE DISH

### Ingredients

- 0.3 cup carrots minced
- 2 large cucumbers seedless sliced thin
- 1 teaspoon ground ginger
- 1 large jalapeno minced seeded
- 0.3 teaspoon coarse pepper black
- 0.3 cup rice vinegar
- 2 teaspoons salt
- 1 large onion sweet halved sliced thin

5 teaspoons sugar white

## Equipment

- bowl
- plastic wrap
- colander
- peeler

## Directions

- Use a vegetable peeler to peel stripes in the cucumbers leaving half the skin. Halve the cucumbers lengthwise. Use spoon to remove the seeds from the cucumber halves. Slice the halves thinly.
- Place the cucumber, onion, and 2 teaspoons salt in a bowl with enough water to cover; allow to marinate in refrigerator at least 30 minutes.
- Drain thoroughly in a colander and transfer to a large bowl; add the jalapeno pepper and carrot to the mixture.
- Stir the rice vinegar, ginger, sugar, and pepper together in a small bowl until the sugar is completely dissolved; pour over the cucumber mixture and stir to evenly coat. Cover with plastic wrap and chill in refrigerator at least 30 minutes.

## Nutrition Facts



## Properties

Glycemic Index:20.49, Glycemic Load:1.37, Inflammation Score:-5, Nutrition Score:2.3800000224424%

## Flavonoids

Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 4.07mg, Quercetin: 4.07mg, Quercetin: 4.07mg, Quercetin: 4.07mg

## Nutrients (% of daily need)

Calories: 24.21kcal (1.21%), Fat: 0.12g (0.19%), Saturated Fat: 0.01g (0.08%), Carbohydrates: 5.23g (1.74%), Net Carbohydrates: 4.51g (1.64%), Sugar: 3.88g (4.31%), Cholesterol: 0mg (0%), Sodium: 392.81mg (17.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.55g (1.1%), Vitamin A: 492.22IU (9.84%), Manganese: 0.13mg (6.29%), Vitamin C: 4.36mg (5.28%), Vitamin K: 4.08µg (3.89%), Vitamin B6: 0.07mg (3.47%), Folate: 13.73µg (3.43%), Potassium: 110.73mg (3.16%), Fiber: 0.72g (2.87%), Copper: 0.05mg (2.63%), Magnesium: 9.09mg (2.27%), Phosphorus: 19.11mg (1.91%), Vitamin B1: 0.03mg (1.87%), Vitamin B5: 0.15mg (1.51%), Calcium: 14.13mg (1.41%), Iron: 0.23mg (1.27%), Vitamin B2: 0.02mg (1.19%)