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Thai Cucumber Salad ♦

Thai Cucumber Salad is a refreshing and tangy salad made with cucumbers, onions, and a flavorful dressing. It is commonly served as a side dish or appetizer in Thai cuisine. The salad is known for its crunchy texture and vibrant flavors.

Recipe Type: Vegan

Prep Time: 15 mins

Cook Time: N/A

Total Time: 15 mins

Recipe Yield: 300 grams

Number of Servings: 4

Serving Size: 75 g

Ingredients

300 g	cucumbers
50 g	red onion
15 g	fresh cilantro
30 g	Roasted Peanuts
30 ml	lime juice

15 ml	fish sauce
15 g	sugar
5 g	thai chili

Directions

Step 1

Cut

Slice the cucumbers and red onions thinly.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Cut

Chop the fresh cilantro and roasted peanuts.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Mixing

In a bowl, mix lime juice, fish sauce, sugar, and Thai chili to make the dressing.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Mixing

Combine the sliced cucumbers, red onions, chopped cilantro, and roasted peanuts in a large bowl.

Prep Time: 0 mins

Cook Time: 0 mins

Step 5

Mixing

Pour the dressing over the salad and toss well to coat.

Prep Time: 0 mins

Cook Time: 0 mins

Step 6

Serving

Serve the Thai Cucumber Salad chilled.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 80 kcal

Fat: 5 g

Protein: 3 g

Carbohydrates: 7 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	3 g	17.65%	17.65%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	7 g	12.73%	14%
Fibers	1 g	2.63%	4%
Sugars	4 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	2 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	5 g	17.86%	20%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	5 iu	0.56%	0.71%
Vitamin C	10 mg	11.11%	13.33%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	1 mg	6.67%	6.67%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	350 mg	15.22%	15.22%
Calcium	2 mg	0.2%	0.2%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Iron	4 mg	50%	22.22%
Potassium	200 mg	5.88%	7.69%
Zinc	1 mg	9.09%	12.5%
Selenium	1 mcg	1.82%	1.82%

Recipe Attributes

Cuisines

Thai Italian Japanese Mediterranean Greek Spanish Middle Eastern

Course

Salads Appetizers

Cooking Method

Steaming

Nutritional Content

Low Sodium Low Calorie High Protein Low Fat Low Carb High Fiber

High Calcium

Diet

Anti-Inflammatory Diet

Meal Type

Lunch Snack Supper

Difficulty Level

Medium

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