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Cucumbers with Wasabi and Rice Vinegar ••

Cucumbers with Wasabi and Rice Vinegar is a refreshing and tangy dish that is perfect for hot summer days. It is a vegan recipe that combines the crispness of cucumbers with the heat of wasabi and the tanginess of rice vinegar. This dish is commonly consumed as a side dish or appetizer in Japanese cuisine.

Recipe Type: Vegan

Prep Time: 10 mins

Cook Time: N/A

Total Time: 10 mins

Recipe Yield: 200 grams

Number of Servings: 4

Serving Size: 50 g

Ingredients

400 g	cucumbers
2 tsp	wasabi
4 tbsp	rice vinegar

Directions

Step 1

Cut

Slice the cucumbers into thin rounds.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Mixing

In a small bowl, mix the wasabi and rice vinegar together.

Prep Time: 2 mins

Cook Time: 0 mins

Step 3

Pouring

Pour the wasabi and rice vinegar mixture over the sliced cucumbers.

Prep Time: 1 mins

Cook Time: 0 mins

Step 4

Stirring

Toss the cucumbers gently to coat them evenly with the dressing.

Prep Time: 2 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 30 kcal

Fat: 0 g

Protein: 1 g

Carbohydrates: 7 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	1 g	5.88%	5.88%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	7 g	12.73%	14%
Fibers	1 g	2.63%	4%
Sugars	3 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	0 g	N/A	N/A
Saturated Fat	0 g	0%	0%
Fat	0 g	0%	0%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	2 iu	0.22%	0.29%
Vitamin C	8 mg	8.89%	10.67%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	0 mg	0%	0%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	50 mg	2.17%	2.17%
Calcium	2 mg	0.2%	0.2%
Iron	2 mg	25%	11.11%
Potassium	0 mg	0%	0%
Zinc	0 mg	0%	0%
Selenium	0 mcg	0%	0%

Recipe Attributes

Seasonality

Summer Fall

Events

Christmas Game Day

Cuisines

Japanese

Course

Drinks Salads Snacks Sauces & Dressings

Cultural

Chinese New Year

Diwali

Diet

Mediterranean Diet

Vegetarian Diet

Vegan Diet

Ovo-Vegetarian Diet

Lacto-Ovo Vegetarian Diet

Blood Type Diet

The Fast Metabolism Diet

The Swiss Secret Diet

Cooking Method

Boiling

Meal Type

Snack

Supper

Difficulty Level

Easy

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