

# Thai Cucumber Salad

<b>Servings:</b>	40.000	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-56116
<b>School:</b>	Calhoun County Youth Center		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CUCUMBER SUPER SELECT	12 1/2 Each		592323
ONION VIDALIA SWT	5 Each	thin sliced	558133
OIL SESAME PURE	20 Teaspoon	SAUTE Roland Sesame Oil may used straight from the tin, preferably at room temperature. It holds up well under heat and can be used in a variety of cooking preparations. A little goes a long way.	348630
JUICE LIME	1 1/4 Teaspoon		199028
GARLIC CHPD IN WTR	10 Tablespoon		321565
SUGAR BEET GRANUL	15 Teaspoon		108588
SALT KOSHER PRM	3 3/4 Teaspoon		311356
SPICE PEPR RED CRUSHED	4 Tablespoon		430196

## Preparation Instructions

No Preparation Instructions available.

## Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.000
<b>OtherVeg</b>	0.469
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

## Nutrition Facts

Servings Per Recipe: 40.000

Serving Size: 0.50 Cup

Amount Per Serving	
<b>Calories</b>	95.99
<b>Fat</b>	2.55g
<b>Saturated Fat</b>	0.33g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	72.57mg
<b>Carbohydrates</b>	18.97g
<b>Fiber</b>	1.91g
<b>Total Sugar</b>	12.24g
<b>Added Sugar</b>	1.50g
<b>Protein</b>	1.70g
<b>Vitamin A</b> 7.54mcg**	<b>Vitamin C</b> 10.33mg**
<b>Calcium</b> 43.60mg	<b>Iron</b> 0.57mg

\*\*One or more nutritional components are missing from at least one item on this recipe.

## Nutrition - Per 100g

No 100g Conversion Available