

Indian Cucumber Salad

Yield: 4 min
Total Time: 10 min

Recipe from: <https://www.recipeschoose.com/recipes/spicy-indian-cucumber-salad-recipe>

Ingredients:

- 2 cucumbers peeled
- 1/4 cup cilantro chopped
- 2 tablespoons peanuts Spanish, chopped
- 1 teaspoon kosher salt
- 1/2 teaspoon sugar Or Other Sweetener Equivalent, Optional
- 1 tablespoon oil
- 1/4 teaspoon black mustard seeds or sub cumin seeds
- 1/2 teaspoon turmeric
- 1 lemon juiced

Nutrition:

1. Calories: 90 calories
2. Carbohydrate: 11 grams
3. Fat: 6 grams
4. Fiber: 3 grams
5. Protein: 3 grams
6. SaturatedFat: 0.5 grams
7. Sodium: 600 milligrams
8. Sugar: 4 grams

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