

# Spicy Cucumber Stir-Fry

*Dashrecipes.com July 2014*

## Servings: 2

*1 English cucumber  
2 tablespoons canola oil  
2 cloves garlic, minced  
1 tablespoon Asian chile sauce (such  
as sriracha)  
salt  
fresh cilantro (for topping)*

Slice the cucumber in half lengthwise, then into thin semi-circles.

In a wok or skillet over medium-high heat, warm the canola oil.

Add the garlic and cook for 30 seconds.

Add the cucumber and cook for about 6 minutes, stirring.

Stir in the chile sauce and season with salt.

Top with cilantro.

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Per Serving (excluding unknown items): 145 Calories; 14g Fat (81.0% calories from fat); 2g Protein; 5g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 1mg Sodium. Exchanges: 0 Vegetable; 2 1/2 Fat.

Side Dishes

## Per Serving Nutritional Analysis

Calories (kcal):	145
% Calories from Fat:	81.0%
% Calories from Carbohydrates:	13.2%
% Calories from Protein:	5.8%
Total Fat (g):	14g
Saturated Fat (g):	1g
Monounsaturated Fat (g):	8g
Polyunsaturated Fat (g):	4g
Cholesterol (mg):	0mg
Carbohydrate (g):	5g
	2g

Vitamin B6 (mg):	trace
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	0mg
Riboflavin B2 (mg):	0mg
Folacin (mcg):	trace
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Daily Value*	0 0%

## Food Exchanges

0  
1

Dietary Fiber (g):  
 Protein (g): 2g  
 Sodium (mg): 1mg  
 Potassium (mg): 12mg  
 Calcium (mg): 5mg  
 Iron (mg): trace  
 Zinc (mg): trace  
 Vitamin C (mg): 11mg  
 Vitamin A (i.u.): 400IU  
 Vitamin A (r.e.): 0RE

Grain (Starch):  
 Lean Meat: 0  
 Vegetable: 0  
 Fruit: 0  
 Non-Fat Milk: 0  
 Fat: 2 1/2  
 Other Carbohydrates: 0

## Nutrition Facts

Servings per Recipe: 2

### Amount Per Serving

Calories 145      Calories from Fat: 117

### % Daily Values\*

<b>Total Fat</b>	14g	21%
Saturated Fat	1g	5%
<b>Cholesterol</b>	0mg	0%
<b>Sodium</b>	1mg	0%
<b>Total Carbohydrates</b>	5g	2%
Dietary Fiber	2g	8%
<b>Protein</b>	2g	

<b>Vitamin A</b>	8%
<b>Vitamin C</b>	18%
<b>Calcium</b>	1%
<b>Iron</b>	0%

\* Percent Daily Values are based on a 2000 calorie diet.