



Radish & Cucumber Salad

1 serving 15 minutes

Ingredients

15 grams Hemp Seeds
15 milliliters Hemp Oil
15 milliliters Apple Cider Vinegar
834 milligrams Fresh Dill (divided)
3/4 Cucumber (sliced)
58 grams Radishes (sliced)

Nutrition

Calories 255 Fat 22g Saturated 2g Carbs 12g Fiber 3g Sugar 5g Protein 7g Cholesterol 0mg Sodium 29mg Potassium 664mg Vitamin A 307IU Vitamin C 16mg Calcium 64mg Iron 2mg Vitamin D 0IU Vitamin K 38µg Thiamine 0.3mg Riboflavin 0.1mg Niacin 2mg Vitamin B6 0.2mg Folate 48µg Vitamin B12 0µg Phosphorous 315mg	Amount per serving	
Saturated 2g Carbs 12g Fiber 3g Sugar 5g Protein 7g Cholesterol 0mg Sodium 29mg Potassium 664mg Vitamin A 307IU Vitamin C 16mg Calcium 64mg Iron 2mg Vitamin D 0IU Vitamin E 0mg Vitamin K 38µg Thiamine 0.3mg Riboflavin 0.1mg Niacin 2mg Vitamin B6 0.2mg Folate 48µg Vitamin B12 0µg	Calories	255
Carbs 12g Fiber 3g Sugar 5g Protein 7g Cholesterol 0mg Sodium 29mg Potassium 664mg Vitamin A 307IU Vitamin C 16mg Calcium 64mg Iron 2mg Vitamin D 0IU Vitamin E 0mg Vitamin K 38µg Thiamine 0.3mg Riboflavin 0.1mg Niacin 2mg Vitamin B6 0.2mg Folate 48µg Vitamin B12 0µg	Fat	22g
Fiber 3g Sugar 5g Protein 7g Cholesterol 0mg Sodium 29mg Potassium 664mg Vitamin A 307IU Vitamin C 16mg Calcium 64mg Iron 2mg Vitamin D 0IU Vitamin E 0mg Vitamin K 38µg Thiamine 0.3mg Riboflavin 0.1mg Niacin 2mg Vitamin B6 0.2mg Folate 48µg Vitamin B12 0µg	Saturated	2g
Sugar 5g Protein 7g Cholesterol 0mg Sodium 29mg Potassium 664mg Vitamin A 307IU Vitamin C 16mg Calcium 64mg Iron 2mg Vitamin D 0IU Vitamin E 0mg Vitamin K 38µg Thiamine 0.3mg Riboflavin 0.1mg Niacin 2mg Vitamin B6 0.2mg Folate 48µg Vitamin B12 0µg	Carbs	12g
Protein 7g Cholesterol 0mg Sodium 29mg Potassium 664mg Vitamin A 307IU Vitamin C 16mg Calcium 64mg Iron 2mg Vitamin D 0IU Vitamin E 0mg Vitamin K 38µg Thiamine 0.3mg Riboflavin 0.1mg Niacin 2mg Vitamin B6 0.2mg Folate 48µg Vitamin B12 0µg	Fiber	3g
Cholesterol 0mg Sodium 29mg Potassium 664mg Vitamin A 307IU Vitamin C 16mg Calcium 64mg Iron 2mg Vitamin D 0IU Vitamin E 0mg Vitamin K 38µg Thiamine 0.3mg Riboflavin 0.1mg Niacin 2mg Vitamin B6 0.2mg Folate 48µg Vitamin B12 0µg	Sugar	5g
Sodium 29mg Potassium 664mg Vitamin A 307IU Vitamin C 16mg Calcium 64mg Iron 2mg Vitamin D 0IU Vitamin E 0mg Vitamin K 38µg Thiamine 0.3mg Riboflavin 0.1mg Niacin 2mg Vitamin B6 0.2mg Folate 48µg Vitamin B12 0µg	Protein	7g
Potassium 664mg Vitamin A 307IU Vitamin C 16mg Calcium 64mg Iron 2mg Vitamin D 0IU Vitamin E 0mg Vitamin K 38µg Thiamine 0.3mg Riboflavin 0.1mg Niacin 2mg Vitamin B6 0.2mg Folate 48µg Vitamin B12 0µg	Cholesterol	0mg
Vitamin A 307IU Vitamin C 16mg Calcium 64mg Iron 2mg Vitamin D 0IU Vitamin E 0mg Vitamin K 38µg Thiamine 0.3mg Riboflavin 0.1mg Niacin 2mg Vitamin B6 0.2mg Folate 48µg Vitamin B12 0µg	Sodium	29mg
Vitamin C 16mg Calcium 64mg Iron 2mg Vitamin D 0IU Vitamin E 0mg Vitamin K 38µg Thiamine 0.3mg Riboflavin 0.1mg Niacin 2mg Vitamin B6 0.2mg Folate 48µg Vitamin B12 0µg	Potassium	664mg
Calcium 64mg Iron 2mg Vitamin D 0IU Vitamin E 0mg Vitamin K 38µg Thiamine 0.3mg Riboflavin 0.1mg Niacin 2mg Vitamin B6 0.2mg Folate 48µg Vitamin B12 0µg	Vitamin A	307IU
Iron 2mg Vitamin D 0IU Vitamin E 0mg Vitamin K 38µg Thiamine 0.3mg Riboflavin 0.1mg Niacin 2mg Vitamin B6 0.2mg Folate 48µg Vitamin B12 0µg	Vitamin C	16mg
Vitamin D OIU Vitamin E 0mg Vitamin K 38µg Thiamine 0.3mg Riboflavin 0.1mg Niacin 2mg Vitamin B6 0.2mg Folate 48µg Vitamin B12 0µg	Calcium	64mg
Vitamin E 0mg Vitamin K 38µg Thiamine 0.3mg Riboflavin 0.1mg Niacin 2mg Vitamin B6 0.2mg Folate 48µg Vitamin B12 0µg	Iron	2mg
Vitamin K 38µg Thiamine 0.3mg Riboflavin 0.1mg Niacin 2mg Vitamin B6 0.2mg Folate 48µg Vitamin B12 0µg	Vitamin D	OIU
Thiamine 0.3mg Riboflavin 0.1mg Niacin 2mg Vitamin B6 0.2mg Folate 48µg Vitamin B12 0µg	Vitamin E	0mg
Riboflavin 0.1mg Niacin 2mg Vitamin B6 0.2mg Folate 48µg Vitamin B12 0µg	Vitamin K	38µg
Niacin 2mg Vitamin B6 0.2mg Folate 48µg Vitamin B12 0µg	Thiamine	0.3mg
Vitamin B6 0.2mg Folate 48µg Vitamin B12 0µg	Riboflavin	0.1mg
Folate 48µg Vitamin B12 0µg	Niacin	2mg
Vitamin B12 0µg	Vitamin B6	0.2mg
***************************************	Folate	48µg
Phosphorous 315mg	Vitamin B12	0µg
	Phosphorous	315mg

Directions

To make the dressing, add the hemp seeds, hemp oil, apple cider vinegar and half of the fresh dill into a food processor or blender and blend until smooth.

Add the sliced cucumber and radishes into a bowl and toss together with the dressing.

3 Top with the remaining dill and enjoy!

Notes

Leftovers: Best enjoyed the same day. For longer-lasting leftovers, refrigerate the vegetables separate from the dressing in airtight containers for up to two days.

More Fiber: Serve over a bed of spinach, arugula, or kale.

More Flavor: Add salt and pepper to the dressing.





Magnesium	141mg
Zinc	2mg
Selenium	1μg