



Adrienne's Cucumber Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



100 kcal

SIDE DISH

Ingredients

- ☐ 4 cucumbers thinly sliced
- ☐ 1 tablespoon optional: dill dried to taste
- ☐ 0.5 cup water
- ☐ 1 small onion white thinly sliced
- ☐ 0.8 cup sugar white
- ☐ 1 cup vinegar white

Equipment

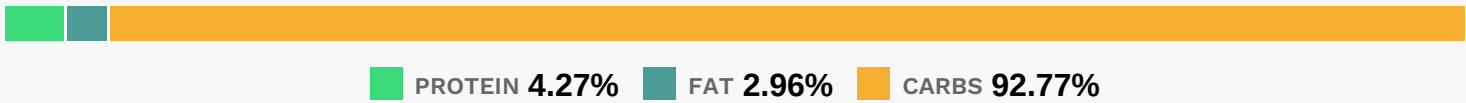
- ☐ bowl

sauce pan

Directions

- Toss together the cucumbers and onion in a large bowl.
- Combine the vinegar, water and sugar in a saucepan over medium-high heat. Bring to a boil, and pour over the cucumber and onions. Stir in dill, cover, and refrigerate until cold. This can also be eaten at room temperature, but be sure to allow the cucumbers to marinate for at least 1 hour.

Nutrition Facts



Properties

Glycemic Index:20.26, Glycemic Load:13.6, Inflammation Score:-3, Nutrition Score:3.6343478119892%

Flavonoids

Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.78mg, Quercetin: 1.78mg, Quercetin: 1.78mg, Quercetin: 1.78mg

Nutrients (% of daily need)

Calories: 100.37kcal (5.02%), Fat: 0.33g (0.5%), Saturated Fat: 0.02g (0.15%), Carbohydrates: 22.95g (7.65%), Net Carbohydrates: 21.7g (7.89%), Sugar: 21.17g (23.52%), Cholesterol: 0mg (0%), Sodium: 5.69mg (0.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.06g (2.11%), Vitamin K: 10.84µg (10.32%), Manganese: 0.15mg (7.69%), Vitamin C: 5.64mg (6.83%), Potassium: 230.19mg (6.58%), Copper: 0.12mg (5.87%), Folate: 22.66µg (5.67%), Magnesium: 21.03mg (5.26%), Fiber: 1.25g (5%), Vitamin B6: 0.09mg (4.67%), Phosphorus: 37.35mg (3.73%), Vitamin B5: 0.37mg (3.71%), Vitamin B1: 0.05mg (3.47%), Calcium: 32.25mg (3.22%), Iron: 0.55mg (3.06%), Vitamin B2: 0.04mg (2.62%), Vitamin A: 130.11IU (2.6%), Zinc: 0.29mg (1.93%)