



Aunt Peggy's Cucumber, Tomato and Onion Salad

☒ Vegetarian ☒ Vegan ☒ Gluten Free ☒ Dairy Free

READY IN

ready

15 min.

SERVINGS

servings

6

CALORIES

calories

54 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 tablespoon apple cider vinegar
- ☐ 1 pint cherry tomatoes halved
- ☐ 1 pound cucumbers peeled thinly sliced 2 cucumbers
- ☐ 2 tablespoons parsley leaves fresh chopped
- ☐ 1 tablespoon olive oil
- ☐ 6 servings salt and pepper black freshly ground
- ☐ 0.5 vidalia onion very thinly sliced

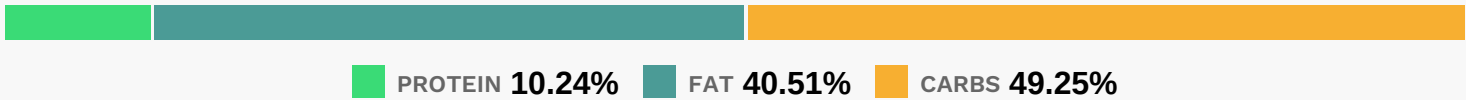
Equipment

☐ bowl

Directions

- ☐ In a large serving bowl, toss together the cucumbers, cherry tomatoes, onion, parsley, vinegar, olive oil, salt, and pepper, to taste.
- ☐ Let the salad stand for 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:19.83, Glycemic Load:0.2, Inflammation Score:-6, Nutrition Score:6.5956521915353%

Flavonoids

Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.52mg, Myricetin: 0.52mg, Myricetin: 0.52mg, Myricetin: 0.52mg Quercetin: 4.56mg, Quercetin: 4.56mg, Quercetin: 4.56mg, Quercetin: 4.56mg

Nutrients (% of daily need)

Calories: 53.98kcal (2.7%), Fat: 2.58g (3.96%), Saturated Fat: 0.35g (2.17%), Carbohydrates: 7.05g (2.35%), Net Carbohydrates: 5.65g (2.05%), Sugar: 4.41g (4.9%), Cholesterol: 0mg (0%), Sodium: 13.33mg (0.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.47g (2.93%), Vitamin K: 31.17µg (29.68%), Vitamin C: 23.5mg (28.48%), Vitamin A: 553.21IU (11.06%), Potassium: 318.12mg (9.09%), Manganese: 0.18mg (9%), Folate: 29.22µg (7.31%), Vitamin B6: 0.14mg (6.91%), Copper: 0.13mg (6.59%), Fiber: 1.4g (5.6%), Vitamin E: 0.82mg (5.45%), Iron: 0.88mg (4.92%), Magnesium: 19.61mg (4.9%), Phosphorus: 46.54mg (4.65%), Vitamin B1: 0.06mg (4.29%), Vitamin B5: 0.32mg (3.17%), Calcium: 27.26mg (2.73%), Vitamin B2: 0.04mg (2.54%), Vitamin B3: 0.5mg (2.51%), Zinc: 0.29mg (1.94%)