



## Balsamic Cucumber and Tomato Salad

 Gluten Free

READY IN



7 min.

SERVINGS



4

CALORIES



50 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

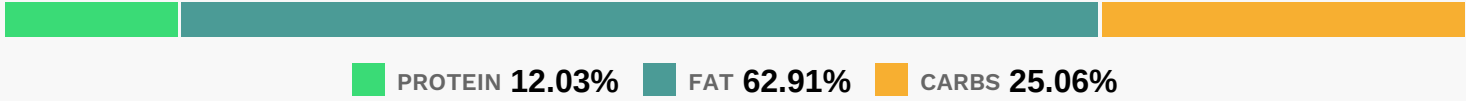
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1.5 cups cucumber cubed seeded
- ☐ 2 tablespoons preshredded parmesan cheese fresh
- ☐ 0.3 teaspoon salt
- ☐ 2 tablespoons balsamic dressing fat-free
- ☐ 1 cup tomatoes seeded chopped

### Equipment

# Directions

☐ Combine all ingredients, tossing gently.

# Nutrition Facts



# Properties

Glycemic Index:28, Glycemic Load:0.53, Inflammation Score:-3, Nutrition Score:2.9004347978727%

# Flavonoids

Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

# Nutrients (% of daily need)

Calories: 50.3kcal (2.52%), Fat: 3.55g (5.47%), Saturated Fat: 0.68g (4.24%), Carbohydrates: 3.19g (1.06%), Net Carbohydrates: 2.36g (0.86%), Sugar: 1.94g (2.15%), Cholesterol: 1.7mg (0.57%), Sodium: 255.78mg (11.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.53g (3.06%), Vitamin C: 6.7mg (8.12%), Vitamin A: 366.41IU (7.33%), Vitamin K: 6.78µg (6.46%), Manganese: 0.1mg (4.78%), Potassium: 160.1mg (4.57%), Calcium: 41.7mg (4.17%), Phosphorus: 36.96mg (3.7%), Fiber: 0.83g (3.31%), Folate: 12.77µg (3.19%), Copper: 0.06mg (3%), Vitamin B6: 0.06mg (2.89%), Magnesium: 11.4mg (2.85%), Vitamin B1: 0.03mg (2.02%), Vitamin B5: 0.17mg (1.66%), Vitamin B2: 0.03mg (1.65%), Vitamin E: 0.22mg (1.49%), Zinc: 0.22mg (1.46%), Iron: 0.24mg (1.36%), Vitamin B3: 0.25mg (1.24%)