



Beet and Cucumber Salad



Vegetarian



Gluten Free



Dairy Free

READY IN



50 min.

SERVINGS



6

CALORIES



234 kcal

SIDE DISH

Ingredients



3 cups beets diced cooked



1 cucumber cut into bite-size pieces



1 tablespoon optional: dill finely chopped



6 servings salt and ground pepper black to taste



1 hardboiled egg sliced



2 hardboiled eggs cut into bite-size pieces



0.3 cup mayonnaise



1 onion thinly sliced

- ☐ 0.5 cup vinegar
- ☐ 0.5 cup water cold
- ☐ 0.5 cup sugar white

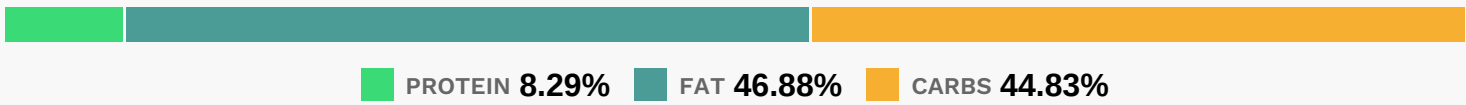
Equipment

- ☐ bowl

Directions

- ☐ Mix water, vinegar, and sugar together in a bowl; add onion and cucumber. Set aside to marinate, at least 20 minutes.
- ☐ Combine 2 hard-boiled eggs cut into bite-size pieces and beets together in a bowl.
- ☐ Drain liquid from onion and cucumbers. Toss onion and cucumbers with beet mixture. Stir mayonnaise into beet mixture. Arrange sliced hard-boiled egg atop salad; sprinkle with dill, salt, and pepper.

Nutrition Facts



Properties

Glycemic Index:53.85, Glycemic Load:15.12, Inflammation Score:-4, Nutrition Score:8.0352173836335%

Flavonoids

Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Isorhamnetin: 0.95mg, Isorhamnetin: 0.95mg, Isorhamnetin: 0.95mg, Isorhamnetin: 0.95mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.85mg, Quercetin: 3.85mg, Quercetin: 3.85mg, Quercetin: 3.85mg

Nutrients (% of daily need)

Calories: 234.22kcal (11.71%), Fat: 12.23g (18.82%), Saturated Fat: 2.31g (14.42%), Carbohydrates: 26.32g (8.77%), Net Carbohydrates: 23.73g (8.63%), Sugar: 23.06g (25.62%), Cholesterol: 98.48mg (32.83%), Sodium: 166.43mg (7.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.87g (9.74%), Folate: 96.34µg (24.09%), Vitamin K: 24.33µg (23.17%), Manganese: 0.32mg (15.86%), Selenium: 8.81µg (12.59%), Vitamin B2: 0.18mg (10.52%), Fiber: 2.59g (10.37%), Potassium: 352.33mg (10.07%), Phosphorus: 89.68mg (8.97%), Vitamin C: 6.35mg (7.69%), Magnesium: 26.72mg (6.68%), Vitamin B6: 0.12mg (6.24%), Vitamin B5: 0.62mg (6.21%), Iron: 1.04mg (5.81%), Copper: 0.11mg (5.31%), Vitamin B12: 0.29µg (4.87%), Vitamin E: 0.71mg (4.75%), Zinc: 0.64mg (4.29%), Vitamin B1:

0.06mg (4.19%), Vitamin A: 202.59IU (4.05%), Vitamin D: 0.57µg (3.83%), Calcium: 38.21mg (3.82%), Vitamin B3:
0.29mg (1.43%)