



## Blue Cucumber Salad

 Vegetarian  Gluten Free

READY IN



80 min.

SERVINGS



4

CALORIES



207 kcal

SIDE DISH

### Ingredients

- 0.5 cup cheese blue crumbled
- 2 large cucumber peeled sliced in half lengthwise
- 2 tablespoons optional: dill fresh chopped
- 0.5 teaspoon salt
- 1 cup cream sour
- 0.3 cup onion white minced
- 1 pinch pepper white to taste
- 1 tablespoon granulated sugar white

2 tablespoons citrus champagne vinegar

## Equipment

bowl

paper towels

## Directions

With a spoon, scoop out the seeds from the cucumber halves. Slice the cucumbers into thick half moons, and place the slices on a plate on paper towels.

Sprinkle 1/2 teaspoon of salt over the cucumber slices, and set aside.

Place the onion, sour cream, white wine vinegar, dill, sugar, and white pepper in a bowl, and mix until well combined. Lightly stir in the blue cheese. Pat the cucumber slices dry with paper towels, and lightly mix them into the salad. Refrigerate at least 1 hour before serving; season to taste with salt just before serving.

## Nutrition Facts

**PROTEIN 11.34%** **FAT 69.5%** **CARBS 19.16%**

## Properties

Glycemic Index:38.52, Glycemic Load:2.72, Inflammation Score:-5, Nutrition Score:6.9134782941445%

## Flavonoids

Isorhamnetin: 0.59mg, Isorhamnetin: 0.59mg, Isorhamnetin: 0.59mg, Isorhamnetin: 0.59mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.14mg, Quercetin: 2.14mg, Quercetin: 2.14mg, Quercetin: 2.14mg

## Nutrients (% of daily need)

Calories: 207.43kcal (10.37%), Fat: 16.25g (24.99%), Saturated Fat: 8.99g (56.16%), Carbohydrates: 10.07g (3.36%), Net Carbohydrates: 8.9g (3.24%), Sugar: 7.4g (8.22%), Cholesterol: 46.58mg (15.53%), Sodium: 506.53mg (22.02%), Alcohol: 0g (100%), Protein: 5.97g (11.93%), Calcium: 170.28mg (17.03%), Phosphorus: 142.13mg (14.21%), Vitamin A: 603.42IU (12.07%), Vitamin B2: 0.2mg (11.76%), Vitamin K: 11.39µg (10.85%), Potassium: 324.63mg (9.28%), Vitamin B5: 0.83mg (8.34%), Folate: 31.33µg (7.83%), Vitamin C: 5.96mg (7.22%), Magnesium: 27.89mg (6.97%), Selenium: 4.78µg (6.84%), Vitamin B6: 0.14mg (6.77%), Manganese: 0.13mg (6.6%), Copper: 0.12mg (6.12%), Zinc: 0.9mg (6%), Vitamin B12: 0.33µg (5.44%), Fiber: 1.17g (4.67%), Vitamin B1: 0.06mg (4.3%), Iron: 0.48mg (2.66%), Vitamin E: 0.3mg (2.03%), Vitamin B3: 0.29mg (1.46%)