



Braised Cucumbers with Dill



Vegetarian



Gluten Free

READY IN



20 min.

SERVINGS



20

CALORIES



18 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 pounds tender-skinned cucumbers peeled halved seeded
- ☐ 2 tablespoons optional: dill chopped
- ☐ 1 medium leek white green cut into 1/2-inch dice
- ☐ 20 servings salt
- ☐ 1.5 tablespoons butter unsalted
- ☐ 2 tablespoons water

Equipment

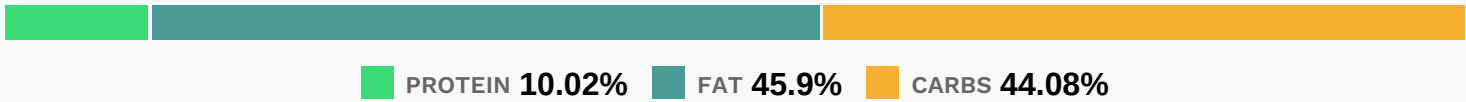
- ☐ bowl

☐ frying pan

Directions

- ☐ In a large skillet, melt 1 tablespoon of the butter.
- ☐ Add the leek and cook over moderately low heat, stirring, until tender, 4 minutes. Stir in the cucumbers, the remaining 1/2 tablespoon of butter and the water. Season with salt. Cover and cook over moderate heat, stirring a few times, until the cucumbers are crisp-tender, 3 minutes. Uncover and cook over moderately high heat until any liquid has evaporated, about 1 minute.
- ☐ Transfer the cucumbers to a bowl, stir in the dill and serve.

Nutrition Facts



Properties

Glycemic Index:3.1, Glycemic Load:0.33, Inflammation Score:-2, Nutrition Score:1.8652173817644%

Flavonoids

Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 18.42kcal (0.92%), Fat: 0.97g (1.5%), Saturated Fat: 0.55g (3.44%), Carbohydrates: 2.11g (0.7%), Net Carbohydrates: 1.55g (0.56%), Sugar: 1.11g (1.24%), Cholesterol: 2.26mg (0.75%), Sodium: 196.26mg (8.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.48g (0.96%), Vitamin K: 7.06µg (6.73%), Manganese: 0.07mg (3.61%), Vitamin C: 2.75mg (3.33%), Folate: 12.46µg (3.12%), Vitamin A: 152.5IU (3.05%), Potassium: 101.13mg (2.89%), Copper: 0.05mg (2.71%), Magnesium: 9.47mg (2.37%), Vitamin B6: 0.05mg (2.26%), Fiber: 0.56g (2.23%), Vitamin B5: 0.17mg (1.71%), Phosphorus: 16.12mg (1.61%), Vitamin B1: 0.02mg (1.59%), Iron: 0.25mg (1.38%), Calcium: 12.65mg (1.27%), Vitamin B2: 0.02mg (1.11%)