



Can't Miss Cucumber Salad

 **Gluten Free**

READY IN



16 min.

SERVINGS



6

CALORIES



115 kcal

SIDE DISH

Ingredients

- 1 large cucumber english thinly sliced
- 1 tablespoon garlic powder
- 1 small onion diced
- 2 tablespoons parmesan cheese grated
- 2 cups yogurt plain
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- 6 servings salt and pepper to taste

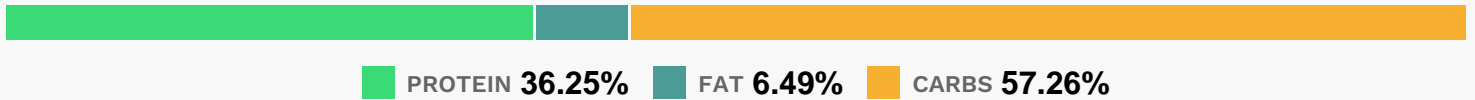
Equipment

bowl

Directions

- Arrange cucumber slices in a single layer in the bottom of a bowl.
- Sprinkle with salt and pepper.
- Add a layer of onions, and top with a layer of yogurt. Continue layering all the remaining cucumbers, onions, and yogurt this order. Top off with a final layer of yogurt.
- Sprinkle with garlic powder, and parmesan cheese.
- Cover and refrigerate for 1 hour before serving.

Nutrition Facts



Properties

Glycemic Index:5.33, Glycemic Load:0.28, Inflammation Score:-2, Nutrition Score:9.22173912807%

Flavonoids

Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Quercetin: 2.39mg, Quercetin: 2.39mg, Quercetin: 2.39mg, Quercetin: 2.39mg

Nutrients (% of daily need)

Calories: 115.06kcal (5.75%), Fat: 0.84g (1.29%), Saturated Fat: 0.47g (2.97%), Carbohydrates: 16.63g (5.54%), Net Carbohydrates: 16.06g (5.84%), Sugar: 13.91g (15.45%), Cholesterol: 4.72mg (1.57%), Sodium: 350.99mg (15.26%), Alcohol: 0g (100%), Protein: 10.53g (21.05%), Calcium: 351.62mg (35.16%), Phosphorus: 287.9mg (28.79%), Vitamin B2: 0.41mg (24.09%), Vitamin B12: 1.02µg (16.98%), Potassium: 526.05mg (15.03%), Zinc: 1.82mg (12.11%), Vitamin B5: 1.21mg (12.06%), Magnesium: 40.31mg (10.08%), Selenium: 6.99µg (9.99%), Vitamin K: 8.61µg (8.2%), Vitamin B6: 0.14mg (7.2%), Vitamin B1: 0.1mg (6.9%), Folate: 26.04µg (6.51%), Vitamin C: 3.75mg (4.54%), Manganese: 0.08mg (3.88%), Copper: 0.06mg (2.87%), Fiber: 0.57g (2.27%), Iron: 0.4mg (2.2%), Vitamin A: 78.58IU (1.57%), Vitamin B3: 0.28mg (1.38%)